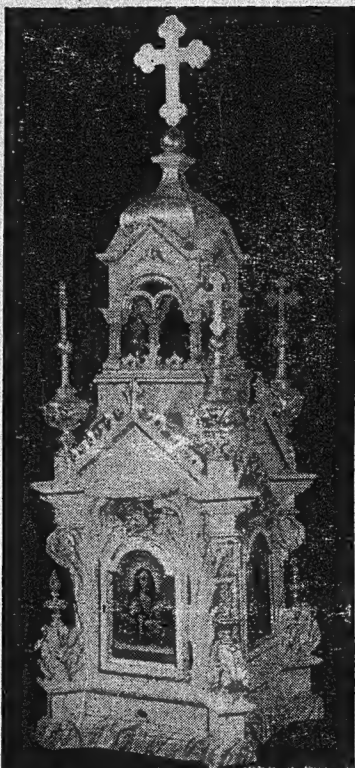


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* * * *

LEMON CORN-BREAD

2½ Cups Corn-Meal 1 teaspoonful salt

Pour in 1 pint boiling milk and 1 cup boiling water into corn-meal. Mash thoroughly with the masher until cool.

Take the rind of a lemon, grind it, and add to the mixture.

Add 4 eggs. Use the white of the 5th egg for the mixture; and the yoke together with 1 tablespoonful of milk for spreading over the loaf before placing into oven.

4 level table spoons sugar	1 oz. Fleischman's yeast (mix
2 tablespoons Corn Starch.	continually) Requires 1 hr.
3 cups white flour	steady mixture.

Wrap and allow it to rise for ½ hour in warm place.

Make loaves and place into single bread greased pans. Let rise for ½ hour. Then bake in oven (300°F.) for 50 minutes.

Mrs. K. Krushilniski.

DATE BREAD

1 lb. dates	2 eggs
1 cup hot water	2 tbsp. butter
1½ cups flour	1 cup walnuts.
1 tsp. vanilla	¾ cup sugar
1 tsp. baking soda	

Chop dates, sprinkle with soda, add hot water, let cool. Add other ingredients in order given. Set in a warm place to rise 20 minutes. Bake in moderate oven a little over 1 hour.

Mrs. O. Esaiw, Edmonton.

KOLACHI

2 cakes compressed yeast	½ cup sugar
1 qt. milk	2 tsp. salt
4 cups flour	¼ lb. butter
4 eggs	1 tbsp. vanilla

Scald milk and cool to lukewarm. Dissolve the yeast in this and then add the flour. Beat hard and set aside in a warm place for 2 hours until the sponge is light and foamy. Then add the well beaten eggs, the sugar, salt, melted butter and flavoring. Work in enough flour to make a fairly stiff dough and knead well. Let rise for about 2 hours—until double in bulk. Then divide into 5 pieces and braid.

OATMEAL BREAD

2 heaping cups oatmeal	2 tbsp. lard or butter
½ cup molasses	1 tsp. salt
2 tbsp. sugar	1 fresh yeast cake

Mix ingredients together, except yeast. Pour over this 5 cups boiling water. Stir all together and let it cool. Add yeast cake dissolved in luke warm water and pour together. Add flour to make a stiff dough and knead. Let rise, punch down and let rise again. Make out into loaves and let rise. Bake in a moderate oven 1 hour.

Mrs. P. J. Baron, Edmonton.

FLEISCHMAN'S YEAST BUNS

3 cups boiling water	1 tsp. salt
6 tbsp. butter	1 Fleischman's yeast cake
$\frac{3}{4}$ cup sugar	2 eggs, beaten

Put all the first four ingredients in a pan and mix well together. When cool add the well beaten eggs. Take $\frac{1}{2}$ cup boiling water, cool and dissolve the yeast cake. Pour in the pan to the first mixture. Add enough flour to stiffen. Let rise twice, then shape into buns. Then let rise again. Bake in hot oven about 20 minutes.

This recipe can be used for doughnuts but let rise once, shape into doughnuts and let rise again. Fry in hot lard; sprinkle with sugar.

Mrs. Alex Zarowny, Northern Valley.

WHOLE WHEAT SCONES

1 cup white flour	$\frac{1}{2}$ tsp. salt
4 tsp. baking powder	4 tbsp. brown sugar
$1\frac{1}{4}$ cups whole wheat flour	3 tbsp. shortening
$\frac{3}{8}$ cup milk, approximately.	

Sift white flour, measure and sift with baking powder, salt and sugar. Mix in whole wheat flour lightly. Work in fat with tips of fingers, or with pastry blender. Add sufficient milk to give biscuit consistency. Turn out onto a floured board. Knead 20 seconds; roll out; cut on the bias to form diagonals. Place on greased cookie sheet. Brush over tops with milk, sprinkle lightly with sugar and bake in hot oven from 12 to 15 minutes.

Mrs. P. J. Baron, Edmonton.

ROLLS

2 cups scalded milk	1 yeast cake
$\frac{1}{4}$ cup shortening	1 cup lukewarm water
2 tbsp. sugar	5 or 6 cups flour
2 tsp. salt	

Soak yeast cake in water. Put sugar, salt and shortening in a bowl and add the hot milk. Cool this mixture to lukewarm. Add the yeast and enough flour to make a soft but not sticky dough. Turn out onto floured board and knead. Shape into a loaf. Place in greased bowl. Let rise until doubled in bulk. Shape into rolls; let rise until doubled in size. Bake in moderate oven 375 deg. from 15 to 20 minutes.

Mrs. E. Skwarok, Edmonton.

COFFEE BUN

5 egg yolks	2 cakes Fleischman's yeast
$\frac{1}{2}$ cup butter	(dissolved in warm milk)
1 cup lukewarm milk	3 cups flour
	$\frac{1}{4}$ cup white sugar

Cream butter and sugar well, add beaten egg yolks gradually. Then add yeast and milk mixture and mix with spoon. If dough sticks to spoon or bowl, add more flour until it does not stick. Set in cold place overnight. In morning roll out as for jelly roll, spread with butter and sugar, sprinkle cinnamon generously, cut like cinnamon rolls and set to rise in warm place. Let rise until double in size.

Mrs. M. Sawchukiewich

POPPY SEED ROLL

1 pint milk
 ¼ lb. butter
 1 cup sugar
 1 tsp. salt

1 fresh yeast cake
 6 egg yolks
 3 egg whites
 Grated rind of 1 lemon

Scald the milk and cool to lukewarm. Dissolve yeast in this and then add enough flour to make a thick batter. Beat hard and let rise until light about 2 hours. Then add sugar, salt, melted butter, lemon rind and the well beaten eggs. Work in enough flour to make a medium stiff dough. Let rise until double in size. Divide in 2 parts, roll about ½ inch thick and spread with filling. Roll like jelly roll.

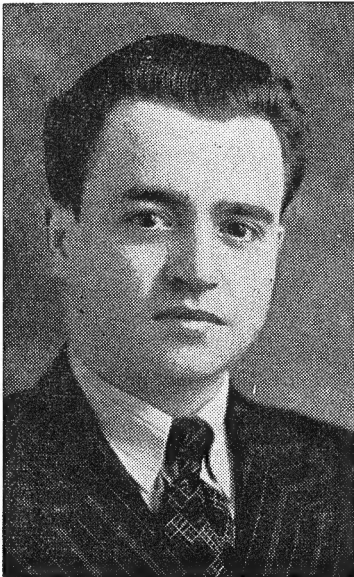
Filling

1 lb. poppy seed
 ½ cup sugar

3 stiffly beaten egg whites
 grated rind of 1 lemon

Scald the poppy seeds with boiling water and let stand for 1 hour. Then put through the finest blade of your food chopper. Add sugar, lemon rind and beaten egg whites. Mix well. Spread on your dough and roll like jelly roll.

Mrs. E. Skwarok, Edmonton.



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BUTTER HORNS

- | | |
|----------------------------|--------------------------------|
| $\frac{1}{2}$ cup sugar | 4 eggs |
| 1 cup cold milk | 5 cups flour |
| 2 Fleischman's yeast cakes | $\frac{1}{2}$ lb. butter, cold |

Crumble yeast in mixing bowl, add sugar and work together until soft and watery. Add eggs and handle very little—just enough to break them. Add cold milk and mix again with finger tips. Put flour in and mix just enough to barely hold together.

Sprinkle cloth with plenty of flour, then put your dough on it. Roll out about half inch thickness. Dot half part of dough with little pieces of butter and fold over the other part and roll out. Then fold both sides to middle and roll again. Do this three times. Cover your dough so it will not dry and put in a cold place for $1\frac{1}{2}$ hours. Cut in small strips and roll, tie into knots and put in greased pans. Let them rise in warm place, brush them with egg and bake in moderate oven until nice and brown. When baked brush with honey or ice them with butter icing and sprinkle with broken walnuts.

Mrs. E. Skwarok, Edmonton.

RICH YEAST TEACAKES

- | | | |
|------------------------------|------------------------|--------------------|
| $\frac{1}{2}$ cup shortening | 5 egg yolks | 1 tsp. salt |
| 4 tbsps. sugar | 1 cake yeast | 1 egg white beaten |
| Rind of 1 lemon | 2 tbsps. lukewarm milk | Granulated sugar |
| 1 cup sour cream | 3 cups bread flour | Candied cherries |

Cream shortening until fluffy. Add sugar and grated lemon rind. Add beaten egg yolks gradually. Add cream. Soften yeast in the milk. Add to first mixture. Add flour gradually and beat well. Drop by spoonfuls on greased baking sheet. Let rise in a warm place until light and spongy. Brush with egg white, sprinkle with sugar. Put candied cherry on top. Bake in moderate oven (375°F.) about 15 minutes.

Mrs. P. Swist.

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RICH FRUIT CAKE

- | | |
|------------------------------|-------------------------|
| 1 lb. butter | 1 tsp. soda |
| 12 eggs | 2 lbs. seedless raisins |
| 4 cups flour | 1 lb. currants |
| 2 squares unsweetened choco- | ½ lb. cherries |
| late melted | 1 lb. mixed peel |
| ½ tbsp. allspice | 2 tbsps. lemon juice |
| 1 lb. sugar | grated rind of 2 lemons |
| 1 tsp. salt | 1 cup of grape juice |
| 1 tsp. nutmeg | ½ lb. chopped nuts. |

Cream the butter. Add sugar and egg yolks. Cream again.

Sift flour, soda, salt and spices together; leaving a little flour to dust fruit. Add this to first mixture. Next add fruit, cherries, peel, nuts, and fruit juices. Fold in the beaten white of eggs and mix well. Bake in a slow oven of 325 deg. Test with a knitting needle.

Mr. J. E. Fromant.

DEVIL'S FOOD CAKE

- | | |
|----------------------|--------------------------------|
| 2 cups flour | 2 eggs or 3 egg yolks unbeaten |
| 1 tsp. soda | 3 chocolate squares |
| ½ cup butter | 1 cup milk |
| 1 ¼ cups brown sugar | 1 tsp. vanilla |
| (packed hard) | |

Sift flour once, measure, add soda and sift all three times. Cream butter thoroughly, add sugar gradually and beat till fluffy. Add eggs, beating well after each. Add chocolate and blend. Add flour, milk beating quickly only until smooth. Add vanilla. Bake in greased pan. Makes 2—8 ½ inch layer pans.

Mrs. O. Zarski, Edmonton.

CREAM SPICE CAKE

- | | |
|-------------------|-----------------|
| 1 cup brown sugar | ½ cup walnuts |
| ½ cup butter | 1 tsp. soda |
| 1 cup sour cream | 1 tsp. cloves |
| 3 whole eggs | 2 tsp. cinnamon |
| 2 cups flour | 3 tsp. allspice |
| pinch of salt | ½ tsp. ginger |
| 1 cup raisins | ½ tsp. nutmeg |

Cream butter, add sugar, cream well. Add one egg at a time and cream well. Dissolve soda in sour cream and add to creamed egg mixture. Have spices, flour and salt sifted, add raisins and nuts floured. Then add the rest of flour to first mixture. Bake in loaf pan ¾—1 hour. 350 to 375 deg.

Icing—Caramel 7 Min. Frosting

Put in double boiler 2 cups brown sugar, 2 egg whites, 5 tbsp. cold water, ¼ tsp. salt. Beat 7 min. over boiling water. Add vanilla and beat.

Mrs. John Karenko, Edmonton.

DARK RAISIN CAKE

- | | |
|-------------------|-----------------|
| ½ cup shortening | 1 tsp. soda |
| 1 cup brown sugar | ½ tsp. allspice |
| 2 eggs | 2 tsp. cinnamon |
| 1 ½ cups flour | ½ cup sour milk |
| 1 cup raisins | |

Bake 45 minutes at 350 deg.

Miss Helen L. Fedechko, Derwent.

13 EGG CAKE

- | | |
|---|----------------------|
| 13 eggs (white and yolks beaten separately) | pinch of salt |
| 2 cups sugar | 2 glasses flour |
| 1 tsp. vanilla | 1 tsp. baking powder |

Mix well together and bake in moderate oven for an hour. Keep in the pan until cool. When cool slice the top off about as thin as paper, then spread the cake with jelly. Cut this top slice in length strips and lay them crosswise on the jelly.

Mrs. S. Deputan, Holden.

DAFFODIL CAKE

- | | |
|------------------------------------|--|
| 1 ¼ cups egg white (10 to 12 eggs) | 1 cup flour |
| ½ tsp. salt | ½ tsp. of vanilla |
| 1 tsp. cream of tartar | ½ tsp. orange extract |
| 1 ¼ cups sifted sugar | 4 egg yolks, beaten until thick and lemon colored. |

Sift flour once, measure and sift four more times. Beat egg whites and salt with flat wire whisk. When foamy add cream of tartar and continue beating until stiff enough to hold up in peaks, but not dry. Fold in sugar, 2 tbsp. at a time until all is used. Sift small amount of flour over mixture and fold in carefully; continue until all is used. Divide mixture into two parts. To one fold in vanilla, to other orange extract and the 4 egg yolks well beaten. Put by tablespoons into ungreased angel food pan, alternating white and yellow mixtures. Bake in slow oven 300°F. 60 to 70 minutes. Remove from oven and invert pan 1 hour, or until cold.

Mrs. H. Demco, Edmonton.

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JELLY ROLL

$\frac{3}{4}$ cup flour	$\frac{3}{4}$ cup sugar
$\frac{3}{4}$ tsp. baking powder	1 tsp. vanilla
$\frac{1}{4}$ tsp. salt	1 cup jelly or jam
4 eggs	

Sift flour. Mix flour, baking powder, salt and eggs, and mix in a double boiler in hot water, adding sugar alternately until it is thick and light. Then add vanilla. Pour into a pan. Bake from 12-15 minutes, in a moderate oven. Bake in a pan lined with greased paper.

Mrs. S. Deputan, Holden.

BANANA LAYER CAKE

$\frac{1}{2}$ cup butter or crisco	$\frac{1}{4}$ tsp. salt
1 $\frac{1}{4}$ cups sugar	2 $\frac{1}{2}$ cups flour
3 eggs	3 tsp. baking powder
1 tsp. vanilla	$\frac{2}{3}$ cup milk

Cream butter. Slowly work in sugar, beating well. Add unbeaten eggs, singly, beating well after each. Add flavoring. Sift remaining dry ingredients and add alternately with milk. Bake in layer tins at 375 deg. about 20 min. Cover with favorite icing and garnish with slices of banana. (I use crisco for this cake and Featherlite cake flour or Swansdown cake flour.)

Mrs. F. Montaine, Edmonton.

BOILED RAISIN CAKE

1 $\frac{1}{2}$ cups raisins	1 cup water
Boil raisins until soft and until water is boiled about half away.	
Mix together:	
$\frac{3}{4}$ cup brown sugar	1 tsp. each cloves, cinnamon
$\frac{1}{4}$ cup butter or shortening	and nutmeg
1 egg (beaten)	1 $\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup raisin water	

Then add raisins to which has been added 1 tsp. soda. Bake in square tin in moderate oven for 30 or 40 min.

Mrs. Olga Esaiw, Edmonton.

PINEAPPLE ROLL

Mix together 1 cup of sugar and $\frac{1}{3}$ cup pineapple juice. Beat yolks of 3 eggs until thick. Add sugar mixture a little at a time, beating well after each addition. Beat whites until stiff, but not dry. Fold yolk mixture carefully into it. Sift together 1 cup of cake flour, 1 tsp. baking powder and $\frac{1}{4}$ tsp. salt. Fold gently into egg mixture. Pour into paper-lined and well greased shallow pan. Bake in moderate hot oven 375°F. about 12 minutes, or until it springs back lightly from touch. Turn out on damp cloth. Strip off paper, cut away crisp edges. Mix 1 cup apple sauce and 1 cup drained crushed pineapple. Spread on cake. Roll up. Cool.

Icing

Cream $\frac{1}{4}$ cup butter with 1 $\frac{1}{4}$ cups confectionery sugar until fluffy. Add 1 egg yolk. Add little by little 2 tbsp. syrup drained from crushed pineapple. Sprinkle roll with toasted cocoanut if desired.

Mrs. John Karenko, Edmonton.

ICE BOX FRUIT CAKE

2 cups dates, chopped fine	6 tbsps. maraschino cherries
2 cups raisins, chopped fine	½ tsp. nutmeg, salt, allspice
2 cups walnuts, chopped fine	and cinnamon
2 cups almonds, chopped fine	1 tin Borden's Eagle Brand
2 cups marshmallows, quart'd	milk
1 cup currants	1 box Graham wafers
1 cup mixed peel	

Roll wafers, add dates, raisins, walnuts, almonds, currants, mixed peel and spices. Mix well with hands, add milk and mix thoroughly. Prepare square pan 8x8x4 lining it with buttered paper. Place in pan a thin layer of mixture pressing in a few quartered marshmallows and a few cherries. Pack firmly into mixture. Repeat until all ingredients are used. Cover top with buttered paper and place under 6-10 lbs. pressure. Store in cool place for about 10 days.

Mrs. Marie Koziak, St. Michael.

RAISIN LOAF

Place 1 cup raisins together with 2 cups of water and boil until almost dry. Then add 1 tsp. soda in a little hot water.

¼ cup butter	1 tsp. cinnamon
1 cup sugar	pinch of salt
2 eggs	2 cups flour

Mix in the flour with raisins at the same time. Bake in a slow oven for 1 hour.

Mrs. F. Pshyk, Innisfree.

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CHOCOLATE CAKE

$\frac{1}{2}$ cup crisco or butter	2 ounces chocolate
$1\frac{1}{4}$ cups white sugar	$1\frac{3}{4}$ cups Swansdown flour
4 eggs	3 tsp. baking powder
$\frac{3}{4}$ cups milk	1 tsp. vanilla

Dissolve chocolate in five tablespoons of boiling water. Cream shortening and add the sugar gradually. Add the yolks, beat again. Add the milk, then the melted chocolate and flour. Beat well. Now beat the whites of the eggs to a stiff froth and stir them carefully into the mixture. Add the vanilla and baking powder. Mix quickly and lightly; turn into well greased cake pan and bake in a moderate oven (350°F.) from $\frac{3}{4}$ to 1 hour.

Chocolate Icing for Above Cake

1 sq. baker's chocolate	3 oz. Chateau cheese
1 tbsp. butter	Icing sugar to thicken.
3 tbsp. milk	

Melt butter, add milk and cheese. Heat very slowly until cheese is melted. Add grated chocolate and melt. Remove from stove and mix in icing sugar till the icing is right consistency to spread. Add 1 teaspoon vanilla. Spread on cake with a teaspoon.

Mrs. N. Woytkiw, Manville.

WALNUT CAKE

$1\frac{1}{2}$ cups brown sugar	3 tsp. baking powder
3 eggs	1 cup chopped walnuts
$\frac{7}{8}$ cup milk	$\frac{1}{2}$ tsp. salt
$2\frac{1}{4}$ cups flour	1 tsp. Mapleine
$\frac{1}{2}$ cup crisco or butter	

Cream shortening and brown sugar. Add yolks of eggs. Sift flour and baking powder 3 times. Add flour and milk alternately beating well. Add walnuts, salt and Mapleine. Beat well. Add well-beaten whites last, folding them in carefully. Bake 1 hour in a moderate oven.

Mrs. N. Woytkiw, Manville.

SOUR CREAM CAKE

1 egg	1 cup sour cream
1 cup brown sugar	$\frac{3}{4}$ cup raisins
1 tsp. cinnamon	$\frac{1}{2}$ cup walnuts
$\frac{1}{2}$ tsp. cloves	1 large cup flour sifted in.
1 tsp. soda	

Mix dry ingredients, then add well-beaten egg and sour cream.

Mrs. A. Kuzyk, Innisfree.

LIGHT FRUIT CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ lb. almonds
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ lb. mixed peel
$1\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ lb. candied cherries
1 cup milk	5 eggs beaten separately
3 cups flour	1 tsp. lemon extract
1 tsp. baking powder	

Add egg whites last. Bake for 2 hours.

Mrs. W. D. Tym, Innisfree.

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DAFFODIL CAKE

6 eggs	$\frac{1}{2}$ tsp. salt
1 cup fine white sugar	1 cup flour
2 tbsps. cold water	1 tsp. cream of tartar
1 tsp. almond, lemon or vanilla flavoring	1 tsp. baking powder

Combine egg yolks with $\frac{1}{2}$ cup sugar and cold water. Beat for 10 minutes. Fold flavoring, remaining $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ teaspoon salt into stiffly beaten egg whites. Sift $\frac{1}{2}$ cup flour with cream of tartar 4 times and fold into mixture No. 2. Sift remaining $\frac{1}{2}$ cup flour with baking powder and $\frac{1}{4}$ tsp. salt and add to mixture No. 1 Drop by tbsps. into loaf or tube pan, alternating mixture No. 1 and 2. Bake in slow oven.

Mrs. Marie Koziak, St. Michael.

SUNSHINE CAKE

$\frac{3}{4}$ cup egg whites	$\frac{1}{2}$ cup egg yolks
1 $\frac{1}{4}$ cup sugar	1 cup flour
5 tbsps. hot water	$\frac{1}{8}$ tsp. salt
$\frac{3}{4}$ tsp. Cream of Tartar	1 tsp. vanilla
$\frac{1}{2}$ tsp. baking powder	1 tsp. almond extract

Beat egg whites until stiff enough to hold a teaspoon erect. Cook sugar and water together to 240 deg. and pour slowly over stiffly beaten egg whites, beating all the time. Let mixture cool thoroughly and fold in well beaten yolks. Sift together dry ingredients five times. Add flavoring and fold lightly into egg mixture. Half fill large tube tin and bake as angel cake.

Mrs. L. Strilchuk, Round Hill.

SOFT GINGER CAKE

$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup boiling water
$\frac{1}{2}$ cup shortening	1 tsp. soda
1 $\frac{3}{4}$ cups flour	1 tsp. ginger
1 egg	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup molasses	

Cream shortening, sugar and egg. Sift flour, soda, ginger and salt. Add molasses to creamy mixture. Then add flour together with the water. Bake in moderate oven 30 min. or until cake separates from pan.

Mrs. A. Kuzyk, Innisfree.

BANANA CAKE

$\frac{1}{2}$ cup butter	2 cups sifted flour
1 cup sugar	2 level tsp. baking powder
2 eggs, well beaten	Pinch salt
1 tsp. soda dissolved in 4 tsp. boiling water	1 cup mashed bananas
	1 tsp. vanilla

Cream butter and sugar. Add beaten eggs and beat well. Dissolve soda in boiling water, and add mashed bananas. Sift flour, baking powder and salt together. Add alternately with mashed bananas to first mixture. Add 1 cup walnuts.

Mrs. P. J. Baron, Edmonton.

GINGER CAKE SAUCE

- | | |
|----------------------------|----------------|
| 1 cup brown sugar | 1 tsp. vanilla |
| $\frac{1}{4}$ cup butter | Pinch salt |
| 2 heaping tbsp. cornstarch | |

Mix together and when butter is melted add boiling water as desired. Boil a few minutes only.

Mrs. A. Kuzyk, Innisfree.

TOMATO SOUP CAKE

- | | |
|---------------------------|---------------------------------------|
| 1 to 2 tbsp. butter | 1 can tomato soup |
| 1 cup white sugar | $1\frac{1}{2}$ cup sifted flour |
| 1 egg | $\frac{1}{2}$ tsp. ground cloves |
| 1 tsp. baking soda | 1 cup dates or raisins (dates better) |
| 1 tsp. cinnamon | |
| $\frac{3}{4}$ cup walnuts | |

Cream butter and sugar, add egg. Dissolve the soda in a little of the soup and add alternately with the flour and spices. Add the nuts and dates. Bake in moderate oven for 1 hour. Tomato soup cake should be made a few days before it is to be served, as it improves in flavor.

Mrs. A. Cooper, Edmonton.

HONEY DATE CAKE

- | | |
|-------------------------------|-------------------------|
| 1 cup dates | 3 tsp. baking powder |
| 1 cup boiling water | $\frac{1}{4}$ tsp. soda |
| $\frac{1}{2}$ cup honey | 1 egg |
| $\frac{1}{2}$ cup brown sugar | 1 cup chopped nuts |
| $\frac{1}{3}$ cup butter | 2 cups flour |

Cook dates with water. Remove from fire. Add honey and brown sugar. Cream butter, add beaten egg, then add date mixture. Add sifted dry ingredients and nuts. Bake in a greased pan for 50 minutes in a 350° oven.

Mrs. M. Luchkovich, Edmonton

PLANTATION MARBLE CAKE

- | | |
|--|---|
| 2 cups sifted Swansdown Cake flour | 1 cup sugar |
| 2 tsp. baking powder | 2 eggs, well beaten |
| $\frac{1}{4}$ tsp. salt | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup butter or other shortening | 1 tsp. cinnamon |
| | $\frac{1}{2}$ tsp. each cloves and nutmeg |
| | 2 tbsp. molasses |

Sift flour once, measure, add baking powder and salt and sift together 3 times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add eggs. Then add flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Divide batter into 2 parts. To one part add spices and molasses. Place light and dark mixtures alternately, a tablespoon at a time in greased pan. Bake in moderate oven (350°) 50 minutes or until done. Cool. Cover with butter frosting and decorate with nuts and raisins.

Mrs. Raragoski, Edmonton.

CHOCOLATE ONE EGG CAKE

4 tbsp. butter	$\frac{1}{2}$ cup milk
$\frac{2}{3}$ cup sugar	$1\frac{1}{3}$ cup flour
4 tbsp. cocoa	2 tsp. baking powder
2 tbsp. water	$\frac{1}{2}$ tsp. soda
2 tbsp. sugar	$\frac{1}{2}$ tsp. vanilla
1 egg	

Cook 2 tbsp. sugar, water and cocoa together for one minute. Cream butter and sugar. Add whole egg and beat. Add chocolate mixture and mix well. Add milk and flour which has been sifted with baking powder and soda. Add vanilla. Bake in a moderate oven 25 minutes until the cake shrinks and leaves the side of the pan.

Use your favorite seven minute boiled icing.

Mrs. E. Skwarok, Edmonton.

LEMON LOAF CAKE

2 cups cake flour	1 cup sugar
$\frac{1}{2}$ tsp. baking soda	2 eggs
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup sweet milk
$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ tbsp. lemon juice

Sift, then measure flour. Sift 3 times with baking soda and salt. Cream the butter until light and lemon colored. Add sugar gradually. Slowly add the eggs which have been beaten until they are almost as stiff as whipped cream. Alternately add the dry ingredients and the liquid, beating until smooth after each addition. Add lemon juice, blending it in well. Turn into greased loaf pan. Bake. Cover with lemon filling and top with $\frac{1}{2}$ recipe of frosting.

Mrs. W. S. Sereda, Edmonton

SOUR CREAM CAKE

2 eggs	1 tsp. soda
1 cup sugar	1 cup sour cream
$1\frac{3}{4}$ cups flour	$\frac{1}{4}$ tsp. salt
3 tbsp. cocoa	1 tsp. vanilla

Beat eggs until stiff. Beat in sugar a little at a time. Sift all dry ingredients together and add to egg mixture alternately with sour cream. Beat well after each addition. Add vanilla and bake 30 minutes in 350° oven.

Mrs. P. Swist, Edmonton.

JELLY ROLL

$\frac{3}{4}$ cup sifted cake flour	4 egg whites stiffly beaten
1 tsp. baking powder	4 egg yolks well beaten
$\frac{1}{4}$ tsp. salt	1 tsp. vanilla
$\frac{3}{4}$ cups sifted sugar	Jelly

Sift flour once, measure, add baking powder and salt and sift three times. Fold sugar into egg whites—a small amount at a time. Add egg yolks and vanilla carefully. Fold in flour gradually. Pour into pan $13\frac{1}{2}$ x 8 $\frac{1}{2}$ lined with buttered paper and bake in a hot oven 400 degrees, 13 to 15 minutes. Turn from pan at once onto a cloth covered with powdered sugar. Remove paper. Quickly cut off crisp edges, spread jelly and roll. Wrap in cloth until cool.

Mrs. J. Basarab, Edmonton.

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DREAM CAKE

½ cup butter	2 tbsp. sugar
2 cups flour	

Crumble ingredients together with fingers. Then put into a good sized buttered pan and bake slowly for 5 minutes. Mix together:

3 cups brown sugar	3 eggs well beaten
1 cup cocoanut	1 tbsp. flour
1 cup walnuts	1 tsp. baking powder

Spread mixture over the first partially cooked mixture and bake until well set. When cold cover with thin icing (not necessary). Cut into squares.

Mrs. A. Cooper, Edmonton.

CARAWAY SEED CAKE

½ lb. butter	1 tsp. caraway seeds
1 cup sugar	½ cup milk or water
2 eggs	2 tsp. baking powder or soda

For sultana cake use above recipe and add 1 cup juice and rind of lemon.

Mrs. P. J. Baron, Edmonton.

MARBLE CAKE

¾ cup butter	2 tsp. baking powder
2 cups sugar	6 egg whites
¾ cup milk	3 squares Bakers chocolate
3 cups pastry flour	4 tbsp. sugar
1 tsp. vanilla	¼ tsp. baking soda
¼ cup boiling water	

Cream sugar and butter, adding sugar gradually. Sift flour and measure. Add baking powder and sift 3 times. Add flour and milk, small amounts at a time. Beat after each addition.

SECOND PART: Melt chocolate, add 4 tbsp. sugar and ¼ cup boiling water and soda and boil gradually down. Add to half of the white mixture. Arrange brown and white mixtures in the greased baking pan. Then draw a knife through the cake a number of times to spread the chocolate mixture. The white part alone makes a nice white cake.

Mrs. M. Luchkovich, Edmonton.

BOILED RAISIN CAKE

To 2 cups washed raisins, add about 2 cups water and boil until water is colored. Set to cool.

3 cups flour	1 tsp. allspice
2 tsp. baking soda	2 tsp. nutmeg
1 tsp. cloves	½ cup butter
2 tsp. cinnamon	1 cup sugar
1 cup walnuts	2 beaten eggs
1 cup raisin water	

Sift dry ingredients 2 or 3 times. Cream butter, add sugar and cream well. Add beaten eggs, then raisin water, then dry ingredients. Mix well and add walnuts.

Mrs. Raragoski, Edmonton.

RICH FRUIT CAKE (Xmas Cake)

1 lb. butter	2 tsp. cinnamon
4 cups flour	$\frac{1}{2}$ cup brandy or plum juice
$\frac{1}{2}$ lb. citron	2 tsp. soda dissolved in juice
1 lb. dates	1 lb. brown sugar
$\frac{1}{2}$ lb. pineapple	4 lbs. raisins
$\frac{1}{2}$ cup molasses or plum juice	10 eggs
2 tsp. nutmeg	$\frac{1}{2}$ lb. almonds
2 tsp. cloves	$\frac{1}{2}$ lb. cherries
2 tsp. allspice	

Cream butter and sugar. Then add eggs well beaten, molasses, brandy and flour. Lastly add the fruit and nuts powdered with a little flour.

Mrs. Fred Woytkiw, Chipman.

DATE AND NUT LOAF

4 cups flour	1 egg well beaten
1 cup sugar	Pinch of salt
2 cups sweet milk	4 tsp. baking powder
1 cup chopped walnuts	1 cup butter
1 cup chopped dates	

Make batter as for cake. Let rise 20 minutes. Bake in slow oven for $1\frac{1}{2}$ hours. Makes 2 loaves.

Mrs. E. Skwarok, Edmonton.

BOILED ICING

$1\frac{1}{2}$ cups sugar	Pinch of cream of tartar
$\frac{1}{3}$ cup boiling water	2 egg whites
2 tbsp. honey or syrup	

Boil sugar, honey and water, adding pinch cream of tartar, until syrupy. Beat your egg whites until stiff. Pour your hot syrup over egg whites and beat until nice and thick. Marshmallows may be added or chopped maraschino cherries and flavored with lemon juice.

Mrs. E. Skwarok, Edmonton.

BOILED ICING

1 cup sugar	2 egg whites
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ tsp. Mapleine

Put on stove and boil until it begins to thicken. Beat well 2 egg whites, add to this Mapleine. Take the sugar and water off the stove, add beaten whites and beat until consistency of whipped cream.

Mrs. J. Baron, Edmonton.

CHOCOLATE ICE BOX CAKE

4 ozs. Dot sweet chocolate	$\frac{1}{3}$ cup water
3 tbsp. sugar	

Put above ingredients in double boiler and cook until smooth. Beat 4 egg yolks and stir into the hot mixture. Cook 2 minutes longer. Cool.

Beat egg whites and add $\frac{1}{2}$ teaspoon vanilla. Mix with chocolate. Line bowl with strips of plain white cake and pour over half the chocolate mixture, more cake and balance of mixture. Chill in ice box and serve with whipped cream.

Mrs. W. Baron, Wildwood.

FLUFFY CAKE

Beat 2 eggs thoroughly. Add 1 cup sugar and beat again. Sift 1 cup flour sifted with 1 teaspoon baking powder. In the meantime bring to a boil $\frac{1}{2}$ cup milk and 1 tablespoon butter. Add your hot milk with butter to your egg and sugar mixture and beat alternately with flour. Add vanilla. Bake in moderate oven 45 minutes.

Mrs. E. Skwarok, Edmonton.

STAY-SOFT CHOCOLATE FROSTING

$\frac{1}{2}$ cup cocoa	2 cups milk
4 tbsp. cornstarch	1 tsp. butter
1 $\frac{1}{2}$ cups sugar	2 tsp. vanilla
pinch salt	

Mix cocoa, corn starch, sugar and salt. Add milk. Cook until thick, stirring often. Remove and add butter and vanilla. Cool. Arrange toasted almonds in daisy clusters with yellow gum drop centres.

Mrs. J. Karenko, Edmonton.

WHITE MOUNTAIN CREAM

1 $\frac{1}{2}$ cups sugar	2 egg whites, stiffly beaten
$\frac{1}{2}$ tsp. light corn syrup	1 tsp. vanilla

Combine sugar, corn syrup and water. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until it spins a thread when dropped from tip of spoon. Pour syrup in a fine stream over egg white beating constantly. Add vanilla. Continue beating until frosting loses its gloss and is stiff enough to spread.

Mrs. P. J. Baron, Edmonton.

DATE LOAF

Add 1 teaspoon soda over 1 cup chopped dates, 1 cup boiling water and let stand.

Mix 2 tbsp. shortening, 1 cup sugar, 2 cups flour, pinch salt, 1 tsp. baking powder, 1 tsp. vanilla. Then add date mixture. Bake 1 hour in moderate oven.

Mrs. A. Macarthur, Vancouver.

ANGEL CAKE

1 cup or 10 egg whites	pinch salt
1 cup sugar	1 tsp. cream tartar
$\frac{1}{2}$ tsp. almond flavoring	2 tbsp. water
$\frac{1}{2}$ tsp. vanilla	1 cup flour

Beat egg whites with salt until fluffy but not dry. Then add sugar 2 tbsp. at a time, beating in slightly until all is used. Then add one tbsp. water at a time and beat well. Add the other tbsp. water and beat again in a round motion. Then add flavoring and beat. Add flour which has been sifted 3 times with cream of tartar and fold in lightly 2 tbsp. at a time. Bake half hour in very slow oven and then raise heat for last half hour. Do not open oven during first half hour of baking.

Mrs. W. Czech, Vegreville.

CHOCOLATE CREAM DESSERT CAKE

2 cups sifted cake flour	1 egg and 2 egg whites un- beaten
$\frac{3}{4}$ tsp. soda	2 to 4 squares unsweetened chocolate, melted
$\frac{1}{4}$ tsp. salt	1 cup milk
$\frac{1}{2}$ cup butter	1 tsp. vanilla
$1\frac{1}{4}$ cups sugar	

Sift flour once, measure, add soda and salt and sift together 3 times. Cream butter, add sugar, gradually, and cream together until light and fluffy. Add egg and egg whites one at a time, beating thoroughly after each. Add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in 2 greased 9 inch layer pans in moderate oven 350 deg. 30 min. or until done.

Split each layer in half to make 4 tiers. Spread chocolate whipped cream between layers and on top of cake, arranging a cup surface of cake against a baked surface to avoid slipping of layers. Chill in refrigerator about 2 hours before serving.

Chocolate Whipped Cream

Combine 2 squares unsweetened chocolate, $\frac{3}{4}$ cup sugar, dash salt and 3 tbsp. water. Bring to a boil and boil gently 3 minutes, stirring constantly. Add gradually to 2 well beaten egg yolks, beating until well blended. Cool. Whip $1\frac{1}{2}$ cups heavy cream with 1 tsp. vanilla. Fold in cooled chocolate mixture. Chill in refrigerator about $\frac{1}{2}$ hour or until thick enough to spread. All measurements level.

Mrs. W. Sereda, Edmonton.

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CHERRY CAKE

- | | |
|---|----------------------------|
| 1 lb. butter or $\frac{1}{2}$ butter, $\frac{1}{2}$ | 4 cups flour |
| lard | $\frac{1}{2}$ lb. cherries |
| 10 eggs | 1 tsp. baking powder |
| 2 cups white sugar | pinch salt |

Blend butter and sugar, adding the eggs one by one. Stir in the flour. Put cherries in last. Bake 2 hours in a moderate oven.

Mrs. A. Pryma, Edmonton.

SUNSHINE CAKE

- | | |
|---------------|-------------------------|
| 8 eggs | 1 tsp. vanilla |
| 1 cup sugar | 1 tsp. baking powder |
| 4 tbsp. water | 1 cup flour, pinch salt |

Beat egg yolks well and let stand, then beat whites well and add $\frac{1}{2}$ cup sugar, 2 tbsp. at a time until used up. Pour in water one tbsp. at a time and then add yolks and vanilla. Sift one cup flour, baking powder, salt and $\frac{1}{2}$ cup sugar 3 times. Blend in at last 2 tbsp. at time. Bake 1 hr. in slow oven.

Mrs. W. Czech, Vegreville.

SULTANA FRUIT CAKE

- | | |
|----------------------------------|-------------------------------|
| 1 $\frac{1}{2}$ cups butter | $\frac{1}{2}$ cup milk |
| 1 $\frac{1}{2}$ cups white sugar | 4 cups sultana raisins |
| 6 eggs | $\frac{1}{4}$ cup citron peel |
| 3 cups flour | 1 cup cherries |
| 1 tsp. baking powder | 1 cup nuts |

Blend butter and sugar. Beat eggs separately. Soak raisins in water the night before and boil a few minutes in the morning; cool and dry thoroughly. Beat in remainder of ingredients. Bake 2 $\frac{1}{2}$ hours in a moderate oven.

Mrs. A. Pryma, Edmonton.

HONEY CAKE

- | | |
|------------------------------|--------------------------|
| 6 eggs | 2 tsp. baking soda |
| 2 cups sugar | 2 cups tea |
| 2 cups honey | 1 tsp. each cinnamon and |
| 6 cups flour | cloves |
| $\frac{1}{2}$ cup Mazola oil | |

Mix eggs and sugar. Add honey and oil. Dissolve soda in tea and add alternately with flour which has been sifted with the cinnamon and cloves. Bake in a well greased pan sprinkled with little flour. Slow oven 1 $\frac{1}{4}$ hours.

Mrs. Rosalia Lapchuk, LaMacaza, LaBelle, Que.

POPPY SEED CAKE

- | | |
|------------------------------|---------------------------|
| $\frac{3}{4}$ cup poppy seed | 2 cups sifted flour |
| $\frac{3}{4}$ cup milk | 2 tsp. baking powder |
| $\frac{3}{4}$ cup butter | 1 tsp. vanilla |
| 1 $\frac{1}{2}$ cups sugar | 4 egg whites, well beaten |

Soak poppy seed over night in milk. Cream butter and add sugar, then add milk and poppy seed. Add dry ingredients and then egg whites. Bake in large pan or layers. If layers, bake 25 minutes in 375°F. oven.

Mrs. F. Montaine, Edmonton.

HONEY CAKE

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ cups cake flour
1 cup sugar	$\frac{1}{2}$ cup sweet milk
1 cup honey	dash of cinnamon
6 eggs or 5 if large	pinch salt
1 tsp. soda	

Cream butter, add sugar and cream well. Stir in honey and then add well beaten egg yolks. Sift the dry ingredients 3 or 4 times and add to mixture alternately with milk. Lastly fold in well beaten egg whites. Bake in slow oven 1 hour, 300 deg.

Mrs. Helen Sokoloky, Vegreville.

DELICIOUS HONEY CAKE

1 cup honey	$\frac{1}{2}$ cup boiling water, scant
$\frac{3}{4}$ cup sugar	with 1 tsp. baking soda dis-
$\frac{1}{2}$ cup mazola oil	solved in it
3 eggs	1 tsp. vanilla
$2\frac{1}{4}$ cups flour	1 tsp. lemon flavoring
2 level tsps. baking powder	

Cream sugar and oil, add well beaten yolks of eggs and mix. Add honey then boiling water with soda and mix after each addition. Add flour and baking powder which have been sifted two or three times, then the flavorings and lastly the beaten whites of eggs. Bake in moderate oven one hour or a little longer. Be careful not to have too hot an oven because the honey burns so easily.

Mrs. M. Raragosky, Edmonton.

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CHEAP FRUIT CAKE

1 cup white sugar	$\frac{1}{2}$ cup mixed peel
1 cup butter	1 cup raisins
2 eggs	1 cup currants
2 cups flour	1 tsp. soda
1 cup walnuts	1 tsp. cinnamon

Cook 2 apples with $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup sugar. Mash and cool them. Cream your sugar and butter together. Add beaten eggs and beat well. Add cooked apples and soda. Sift flour with cinnamon and add to above. Add mixed fruit and mix well together. Bake in well greased pan. Bake in moderate oven $2\frac{1}{2}$ hours.

Mrs. A. Bachynski, Punnichy, Sask.

LADY BALTIMORE CAKE

$1\frac{1}{2}$ cup sugar	3 tsp. baking powder
$\frac{1}{2}$ cup butter	4 egg whites
3 cups Swansdown cake flour	pinch salt, vanilla
1 cup cold water	

Cream butter, add sugar, mix well. Sift flour, measure, sift 3 times with baking powder. Add water and flour alternately. Fold in stiffly beaten egg whites. Add vanilla and pinch of salt. Bake in slow oven 300 deg. 35 minutes or more.

Mrs. T. Zarski, Edmonton.

WHITE FRUIT CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ lb. almonds
$1\frac{1}{2}$ cup sugar	$\frac{1}{2}$ lb. mixed peel
1 cup milk	$\frac{1}{2}$ lb. cherries
3 cups flour	1 lb. sultana raisins
$\frac{1}{4}$ tsp. salt	5 eggs
1 tsp. baking powder	1 tsp. lemon extract

Cream butter and sugar. Add well beaten yolks. Sift 2 cups flour with baking powder and add to sugar mixture alternately with milk. Mix third cup of flour with fruit. Blanch and chop almonds. Add lemon extract and mix well. Add fruit and lastly add stiffly beaten egg whites. Line pan with paper and bake in slow oven for 2 hours.

Mrs. A. Bachynski, Punnichy, Sask.

COTTAGE CHEESE TORTE

2 lbs. cottage cheese	6 fresh eggs
$\frac{1}{4}$ lb. butter (melted)	2 cups sugar
2 oranges (juice and grated rind)	$\frac{1}{2}$ tsp. salt
	1 lb. Graham wafers

Mix butter, sugar and cheese. Cream well. The cheese should be pressed through a fine sieve. Add orange juice and rind. Add well beaten egg yolks and mix well. Beat egg whites dry and add to mixture.

Roll wafers fine and add 2 tbsps. melted butter. Mix well. Butter oblong pan, then add a little more than half of graham wafers on bottom and sides of pan. Add cheese mixture, sprinkle remainder wafer crumbs and bake in moderate oven.

Mrs. M. Hawryluk, Winnipeg.

MARTHA WASHINGTON DEVIL'S FOOD CAKE (3 eggs)

4 squares unsweetened chocolate	$\frac{1}{2}$ tsp. salt
1 cup sugar	$\frac{1}{2}$ cup butter or shortening
$\frac{1}{2}$ cup buttermilk	$\frac{3}{4}$ cup sugar
2 $\frac{1}{2}$ cups sifted cake flour	3 eggs well beaten
$\frac{3}{4}$ tsp. soda	1 cup buttermilk
	1 tsp. vanilla

Melt chocolate over boiling water. Add 1 cup sugar and $\frac{1}{2}$ cup buttermilk. Stir over boiling water until sugar is dissolved. Cool. Sift and measure flour. Add baking powder, salt and soda and sift again. Cream butter thoroughly, add $\frac{3}{4}$ cup sugar gradually and cream well. Add eggs and beat. Add $\frac{1}{4}$ flour mixture. Add chocolate mixture and blend. Add remaining flour alternately with buttermilk, a small amount at a time, beating thoroughly after each addition. Add vanilla. Bake in greased pan (15x9x2 in.) in moderate oven 350 deg. 30-35 minutes or until done. Cake may be cut in half and put together as a 2 layer cake. Ice with favorite frosting.

Mrs. M. Strashok, Edmonton.

MOCHA CAKE

Blend together 3 egg yolks, beaten well, and 1 cup sugar. Add $\frac{1}{2}$ cup strong coffee. Then add 1 $\frac{1}{2}$ cups sifted cake flour and 2 teaspoons baking powder. Fold in beaten whites of 3 eggs. Bake in 2 layer pans or tube cake pan.

Mrs. C. Chichloski, Edmonton.

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PRUNE PLATSOK

2½ cups flour	5 egg yolks (use whites for meringue)
3 tsp. baking powder	½ cup sugar
4 tbsp. butter	½ cup sweet cream

Mix ingredients together and line oblong pan. Cook 1½ lbs. prunes. Drain and remove stones. Make a mush and flavor to taste with sugar and spices. Spread prune mixture on dough. Beat egg whites dry and add ¼ or ½ cup sugar. Spread meringue on top of prunes. Bake in slow oven.

Mrs. M. Hawryluk, Winnipeg.

SPICE SPONGE CAKE

14 egg yolks	2 tsps. baking powder
1 cup sifted gran. sugar	3 egg whites, beaten stiff
½ tsp. cloves	½ cup walnut meats chopped fine
1 tsp. cinnamon	1 tsp. almond extract
½ cup sifted flour	
½ tsp. salt	

Beat the egg yolks with a rotary beater. Slowly add the sugar and beat the mixture 15 minutes. Sift the flour, salt, baking powder together and fold into the beaten yolks. Add nuts and flavoring, fold in the stiffly beaten egg whites. Pour into an angel food tin and bake in a 325 degrees oven about 55 minutes. Sprinkle cake with powdered sugar or use your favorite frosting. Do not grease tin.

Mrs. K. M. Krushilnicki, Edmonton.

FRUIT CAKE

1 cup butter	½ lb. citron peel
2 cups sugar	½ lb. blanched almonds
6 eggs	½ lb. red cherries
4 tsp. baking powder	½ lb. green cherries
2¾ cups flour	1 tsp. vanilla
1 tin crushed pineapple	1 tsp. almond extract
1 lb. bleached raisins	¼ cup wine or fruit juice
1 lb. shredded cocoanut	

Bake 2½ hours.

Mrs. P. Litwin, Edmonton.

Cookies

★ ★ ★ ★

RICH COOKIES

1½ cup butter	1 tsp. baking soda
1½ cup brown sugar	1 tsp. vanilla
2 eggs	pinch salt
1 tbsp. cream of tartar	3½ cups flour

Make a soft dough. Roll in the hands like a marble. Then put in a pan and press with a fork. Bake in a hot oven.

Mrs. S. Deputan, Holden.

RECEPTION Dainties

2 cups flour	1 egg beaten
2 tbsp. sugar (heaping)	½ to ¾ cup milk
1 cup butter	1 tsp. vanilla
¼ tsp. salt	
1 tsp. baking powder (heaping); Mix with pastry, then add	

Roll out as for cookies, cut in squares and place in gem pans. Put small teaspoon jam or jelly on each and fold corners over and pinch well together. Bake like tarts.

Mrs. M. Sawchukiewich, Edmonton.

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PORCUPINES

- | | |
|-------------------|----------------------------------|
| 1 cup brown sugar | 1 cup peanuts or walnuts |
| 1 tbsp. butter | 1 cup dates |
| 2 eggs | 1 cup corn flakes or little more |

Cream first three ingredients. Add dates and nuts. Take full palm of cocoanut. With open palm full of cocoanut in centre put teaspoon of mixture and close, press together hard. Put in greased pan and bake.

Mrs. O. Zarski, Edmonton.

WHITE COOKIES

- | | |
|-------------------|--------------------------------|
| 1 cup sugar | $\frac{1}{2}$ tsp. vanilla |
| 1 cup butter | 2 cups flour |
| 2 eggs | 1 tsp. cream of tartar |
| 2 tsp. sweet milk | $\frac{1}{2}$ tsp. baking soda |

Bake in a hot oven.

Mrs. S. Deputan, Holden.

HONEY COOKIES

- | | |
|--------------------------------|-------------------------|
| 1 cup sugar | $\frac{1}{4}$ tsp. salt |
| 1 cup honey | 3 cups flour |
| 3 eggs | 1 tsp. vanilla |
| 2 tsp. baking soda (dissolved) | |

Mix and leave over night. Make balls and flatten in palm of hand. More flour may be needed when ready to use.

Mrs. F. Montaine, Edmonton.

OATMEAL COOKIES

- | | |
|--------------------------------|----------------------------|
| 1 cup white sugar | $\frac{3}{4}$ cup cocoanut |
| $\frac{1}{2}$ cup brown sugar | $1\frac{1}{2}$ cup flour |
| 1 cup butter | 1 tsp. baking soda |
| 1 egg | 1 tsp. baking powder |
| $1\frac{1}{4}$ cup rolled oats | 1 tsp. vanilla |

Sift flour with baking powder and soda. Mix all ingredients together. Take about 1 teaspoon of dough into hand and roll it in palm. Press down with fork. Bake in hot oven 5 minutes.

Mrs. H. Demco, Edmonton.

CARAMEL SQUARES

- | | |
|---------------------------|-------------------------|
| $\frac{1}{2}$ cup butter | 1 tbsp. baking powder |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ tsp. salt |
| 2 eggs | 1 tsp. vanilla |
| $1\frac{1}{2}$ cups flour | |

Cream butter, add sugar, mix well, add egg yolks. Add flour which has been sifted with baking powder and salt. Add vanilla. Spread mixture evenly on a greased pan. Bake in a moderate oven until lightly browned—about 25 minutes.

Spread with the following mixture.

- | | |
|-------------------------------|------------|
| 2 egg whites (stiffly beaten) | 1 cup nuts |
| 1 cup brown sugar | |

Return to oven. Bake until mixture is slightly browned—about 30 minutes. Cut in bars or squares.

Mrs. S. Deputan, Holden.

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MOLASSES COOKIES

- | | |
|----------------------------|---------------------------------|
| 1 cup sugar | 1 tsp. baking soda |
| 1 cup molasses | $\frac{3}{4}$ cup boiling water |
| 1 cup butter or shortening | pinch salt |
| 1 egg | 1 tsp. ginger |

Add enough flour to make a soft dough. Bake in a hot oven.

Mrs. S. Deputan, Holden.

BRAN COOKIES

- | | |
|-----------------------------|--------------------------|
| $\frac{1}{2}$ cup butter | 1 tsp. lemon extract |
| 1 cup brown sugar | $1\frac{1}{2}$ cup flour |
| 2 eggs | 1 cup bran |
| $\frac{1}{2}$ cup sour milk | 1 tsp. soda |
| $\frac{1}{4}$ cup molasses | pinch salt |
| 1 tsp. ginger | |

Mix together. Place in muffin tins and bake 30 min.

Mrs. F. Pshyk, Innisfree.

DOUGHNUTS

Heat 2 pints cream to lukewarm and let cool. Soak 1 Fleischman's yeast cake in a little warm water. Beat 10 egg yolks until foamy and add 8 tbsp. sugar a little at a time. Add yolks to cream and yeast mixture. Lastly add 1 tsp. salt, vanilla and lemon flavoring. Beat thoroughly and add about 15 cups flour. Mix to a smooth, soft but not tough dough. Knead in 5 tbsp. melted butter. After it has risen place on floured board. Handle dough very lightly. Cut into shapes. To insure further lightness let the doughnuts rise again for about $\frac{1}{2}$ an hour.

Fry in boiling lard or mazola for best results. Dip in granulated sugar. When cool store in a crock. These should be the lightest doughnuts you have ever eaten.

Mrs. J. Kolmatycki, Innisfree.

COCOANUT SLICE

- | | |
|--------------------------|-------------------------|
| 2 cups flour | 1 tbsp. milk |
| 1 tsp. baking powder | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ cup butter | 1 egg |

Roll this mixture out until $\frac{1}{2}$ inch thick. Put in pan and spread with jam. Spread the following on top:

- | | |
|-------------------------|-----------------|
| 1 egg | 1 tsp. vanilla |
| $\frac{1}{2}$ cup sugar | 2 cups cocoanut |
| Butter size of a walnut | |

Bake 25 minutes in a moderate oven.

Mrs. A. Kuzyk, Innisfree.

APPLE CRUMBLE SQUARES

Mix $\frac{1}{2}$ cup butter, one cup flour and $\frac{1}{2}$ cup sugar to crumb consistency. Add lemon rind. Line a cake pan with half of this mixture. For centre filling slice two nice juicy apples mixed with a little sugar and cinnamon. Sprinkle a little lemon juice. Then add rest of crumbs on top. While warm cut into small squares. Sprinkle icing sugar over generously. Nice eaten same day.

Mrs. M. Sawchukievich, Edmonton.

SOUR CREAM COOKIES

1 cup shortening	1 tsp. soda
2 cups sugar	$\frac{1}{2}$ cups flour
3 eggs	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ tsp. baking powder	1 cup sour cream

Cream the shortening and sugar. Sift the flour with the soda, baking powder and salt. Add the cream and the flour alternately. Roll out on a floured board and cut into shapes. Bake at 375 deg. for 10 to 15 min.

Mrs. M. Luchkovich, Edmonton.

ALMOND DROP COOKIES

$\frac{1}{2}$ lb. butter	2 tsp. cream of tartar
$\frac{1}{2}$ cup brown sugar	$\frac{3}{4}$ tsp. salt
$\frac{1}{2}$ cup white sugar	$\frac{1}{4}$ lb. blanched almonds, chop-
1 beaten egg	ped
2 cups flour	1 tsp. almond flavoring
1 tsp. soda sifted with flour	

Make batter in the evening and let stay over night. In the morning make into balls, size of marbles, and press down with half an almond.

Mrs. E. Skwarok, Edmonton.

POP OVERS

3 eggs well beaten, then add 1 cup cold milk. Beat together with eggs. 1 tsp. salt and $1\frac{1}{4}$ cups flour beaten with egg beater for 3 minutes. Pour into well greased muffin tins and bake in hot oven.

Muriel Maciborsky, Falun.

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CLIFFORD TEA COOKIES

- | | |
|--------------------|---------------------------|
| 2 cups brown sugar | 1 cup dates |
| 1 cup butter | 1 cup nuts (chopped fine) |
| 1 tsp. soda | 3 cups flour |

Roll in long strips and let stand over night in a cool place. Cut in the morning and place them about $\frac{1}{2}$ inch apart. Bake in a hot oven.

Mrs. M. Basarab, Edmonton.

LADY FINGERS

- | | |
|-------------------------------------|----------------------------------|
| $\frac{1}{3}$ cup sifted cake flour | $\frac{1}{3}$ cup powdered sugar |
| 1 whole egg | 2 egg whites stiffly beaten |
| 2 egg yolks | |
| dash salt | $\frac{1}{4}$ tsp. vanilla |

Sift flour once, measure and sift again 3 times. Combine whole egg, egg yolks and salt and beat until thick and lemon colored. Fold sugar gradually into egg whites and continue beating until mixture stiffens again. Fold in egg yolk mixture and vanilla, then flour. Shape in oblongs $4\frac{1}{2} \times \frac{3}{4}$ inches on ungreased paper in baking pan. Bake in moderate oven 375 deg. 12 minutes.

Mrs. Raragoski, Edmonton.

BUTTER COOKIES

- | | |
|------------------------|----------------------------------|
| 1 cup butter | 2 $\frac{1}{4}$ cups flour |
| 1 cup granulated sugar | $\frac{1}{2}$ tsp. vanilla |
| 1 tsp. cream of tartar | $\frac{1}{2}$ tsp. lemon extract |
| 2 eggs | $\frac{1}{2}$ tsp. soda |

Cream the butter, add sugar and beat well. Add beaten eggs, then sifted dry ingredients. Chill dough over night. In morning roll thin on lightly floured board. Cut, sprinkle with sugar. Bake on greased tin 8 to 10 min. 375 deg. oven. If less flour used cookies crispier.

Jenny Tkachyk, Hallow Lake.

COCOANUT COOKIES

- | | |
|------------------------------|----------------------------------|
| $\frac{1}{2}$ cup shortening | 2 cups flour sifted |
| 1 egg well beaten | $\frac{1}{4}$ tsp. baking powder |
| 1 cup light brown sugar | 1 cup shredded cocoanut |
| $\frac{1}{4}$ tsp. salt | 1 tsp. vanilla |

Cream butter, beat in sugar, add beaten egg. Add sifted dry ingredients. Blend entire mixture. Roll $\frac{1}{4}$ inch thickness. Place on floured board. Use floured cutter. Bake 8 to 10 min.

Jenny Tkachyk, Hallow Lake.

RICH COOKIES

- | | |
|--------------------------|----------------------|
| 1 cup brown sugar | 2 tsp. baking powder |
| $\frac{1}{2}$ cup butter | 2 tsp. vanilla |
| 1 egg | 3 cups flour or less |
| 1 tsp. soda | 4 tbsp. milk |

For rolling use less flour. For drop cookies use 3 cups. Roll thin and cut with cookie cutter, leave one plain and cut other with doughnut cutter. On plain put jam and place the one with hole on top. Bake on greased tin 10 to 15 minutes.

Mrs. Fred Woytkiw, Chipman.

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DROP COOKIES

- | | |
|-------------------------------|--------------------------------------|
| $\frac{1}{3}$ cup butter | $\frac{1}{3}$ tsp. cinnamon |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{3}$ cup chopped nuts |
| 1 egg | $\frac{1}{3}$ cup raisins (seedless) |
| 1 cup flour | $\frac{1}{4}$ tsp. salt |
| 1 tsp. baking powder | 1 tsp. baking powder |

Cream butter and sugar. Add well beaten egg. Sift flour, baking powder and salt. Add chopped nuts, raisins and flour and drop from a spoon on greased pan.

Mrs. P. J. Baron, Edmonton.

JEWISH COOKIES

- | | |
|---------------------|--------------------|
| 6 eggs, well beaten | 6 tbsp. mazola oil |
| 6 tsp. sugar | Pinch salt |

Beat eggs until light. Add sugar and beat well. Add mazola and beat again. Add sufficient flour to make a drop dough batter. Oil pan with mazola oil and drop by teaspoonful on pan about $1\frac{1}{2}$ inches apart. Put in hot oven 400 deg. and bake until they turn light—about 20 min. Then lower heat to 250 deg. and bake until done—about another 45 min.

Mrs. A. Maik, Edmonton.

WALNUT SLICE

- | | |
|------------------------------|-------------------------|
| 1 cup flour | $\frac{1}{4}$ tsp. salt |
| 2 tsp. baking powder | 1 egg |
| $\frac{1}{2}$ cup shortening | 1 tsp. vanilla |
| 1 tsp. sugar | 3 tbsp. milk |

Roll like pastry. Cover bottom of cake tin and bake in slow oven for about 15 min.

Filling

- | | |
|---------------------------------|----------------------------|
| $1\frac{1}{4}$ cups brown sugar | $\frac{1}{2}$ cup cocoanut |
| 2 beaten eggs | 1 cup nuts |
| 4 tbsp. flour (level) | 1 tsp. baking powder |

Mix in order given. Pour on baked crust and bake slowly until light brown. This may be iced when cool. Cut in squares.

Miss Nancy Zarowny, Northern Valley.

ICE BOX ROLLS

- | | |
|---|--|
| $\frac{1}{2}$ lb. Graham wafers (crushed) | $\frac{1}{4}$ cup nuts |
| 4 bananas (mashed) | $\frac{1}{4}$ lb. quartered marshmallows |
| $\frac{3}{4}$ cup chopped dates | |

Mix altogether with orange juice to make a compact roll. Shape evenly. Roll in wax paper and chill overnight. To serve cut in slices and garnish with whipped cream.

Mrs. P. Greschuk, Edmonton.

MELTING MOMENTS (Dainties)

- | | |
|-------------------------------|-------------------------------|
| $\frac{1}{2}$ lb. butter | $\frac{1}{2}$ cup corn starch |
| $\frac{1}{2}$ cup icing sugar | $1\frac{1}{4}$ cups flour |

Have butter soft, cream well. Add sugar and cream extra well. Add cornstarch and flour. Mix well together and drop in small lumps on floured tray. Bake 10 to 15 min. in medium oven.

Mrs. M. Sawchukievich, Edmonton.

DOUGHNUTS

2 eggs	1 tbsp. melted butter
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup milk	2 tsp. nutmeg
2 level tsp. baking powder	2 cups flour

Beat eggs till light, adding sugar gradually. Sift together flour, salt, baking powder, and nutmeg. Add to beaten eggs and sugar alternately with milk and melted butter. Roll out the soft dough, cut with cutter, drop in boiling fat and fry a golden brown. Roll in sugar if desired.

Mrs. Steve Deputan, Holden.

PERSIAN SWEETS

1 cup dates	$\frac{1}{2}$ cup candied cherries
1 cup raisins	$\frac{1}{2}$ cup candied peel
1 cup nuts	Figs if desired

Put through grinder. If a little dry moisten with a little honey. Knead well and form into small balls. Sprinkle with sugar.

Mrs. M. Luchkovich, Edmonton.

CHEESE THINS

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cup pastry flour
$\frac{1}{4}$ lb. cheese white or yellow	Jam, nuts

Blend butter and cheese together. Work in flour. Chill. Roll out thin. Cut in small form. Put together with jam. Brush with egg white and sprinkle with nuts. Bake in a quick oven.

Mrs. M. Luchkovich, Edmonton.

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ROLLED MUFFINS

2 cups flour	$\frac{1}{2}$ cup brown sugar
$3\frac{1}{2}$ level tsp. baking powder	1 egg
pinch salt	$\frac{1}{2}$ cup milk
2 tbsp. butter	

Mix like for tea biscuits. Roll about $\frac{1}{2}$ inch thick. Spread with paste 4 tbsp. butter and $\frac{3}{4}$ cup brown sugar. Roll like jelly roll and cut into 12. Bake in greased muffin tins.

Mrs. John Karenko, Edmonton.

FILLED COOKIES

$2\frac{1}{2}$ cups flour	1 cup brown sugar
3 tsp. baking powder	1 egg, well beaten
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla
$\frac{2}{3}$ cup butter	$\frac{1}{3}$ cup milk

Do in a form given like a pie pastry and stir in egg and milk last. For filling use dates or other filling desired. Fill before baked.

Mrs. W. D. Tym, Innisfree.

DROP COOKIES

1 cup sugar	4 tbsp. milk
2 tbsp. butter	$\frac{1}{2}$ cup chopped nuts
1 beaten egg	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ tsp. salt
1 tsp. cream of tartar	Flour to make soft dough

Cream butter and sugar. Add egg. Dissolve soda in milk. Flour raisins and nuts. Sift together salt, cream of tartar and rest of flour. Add to mixture. Drop 2 inches apart on buttered pan. Bake until light brown.

Mrs. J. Kolmatyski, Innisfree.

DATE AND NUT BARS

1 cup sugar	3 eggs
1 cup nut meats	1 lb. dates chopped fine
1 cup flour	1 tsp. baking powder
Pinch of salt	

Combine egg yolks and sugar. Mix dry ingredients and add to egg yolks. Then fold in egg whites well beaten. Spread mixture as thin as possible in cookie pans and bake until a golden brown. Cut in squares while hot.

Mrs. George Woytkiw, Manville.

BUTTER BUDS

1 cup shortening	4 tsp. baking powder
1 cup brown sugar	$2\frac{1}{2}$ cups flour
2 eggs	$\frac{1}{4}$ tsp. salt
2 tsp. vanilla	

Cream shortening; add sugar gradually; then eggs well beaten. Sift 2 cups flour with baking powder and salt. Combine mixtures and add flavoring. Should be about the same texture as soft cookie dough. Add other half cup of flour if necessary. Press through pastry tube or mark with fork. Bake in oven 350 deg. F.

Mrs. P. J. Baron, Edmonton.

HONEY COOKIES

2 cups brown sugar	1 tsp. salt
2 cups white sugar	1 tsp. cloves
3 cups honey	1 tsp. cinnamon
2 cups crisco	1 tsp. allspice
6 eggs	$\frac{1}{2}$ tsp. nutmeg
2 tbsp. baking soda	1 cup sour milk

Mix salt and baking soda with sour milk. Cream sugar, honey and crisco. Add beaten eggs and spices. Add milk and flour alternately using enough flour to make a medium dough. Let dough stand for 3 or 4 hours. Form into balls. Press down with a fork. Bake in a moderate oven.

Mrs. M. Luchkovich, Edmonton.

PRUNE COOKIES

2 cups cooked prunes	$\frac{1}{3}$ cup water
$\frac{3}{4}$ cups butter or shortening	$3\frac{1}{2}$ cups flour
1 cup sugar—3 eggs	$1\frac{1}{2}$ tsp. baking soda
$\frac{1}{2}$ cup molasses or honey	$\frac{1}{2}$ tsp. salt
3 cups quick cooking rolled oats	2 tsp. vanilla

Cut prunes in small pieces. Cream butter or shortening with sugar. Add eggs and beat well. Add molasses or honey and water and beat again. Add flour which has been sifted with salt and baking soda and mix well. Add rolled oats and prunes. Mix again. Drop by spoonfuls on greased pan. Bake in moderate oven.

Mrs. E. Skwarok, Edmonton.

HONEY COOKIES

1 cup sugar	1 cup honey
2 eggs	1 tsp. ginger
1 tsp. soda	Flour

Beat eggs well and add sugar, then honey. Stir this up. Then add ginger. Add flour and soda. Make a soft dough. Take enough to form small balls. Flatten them down. Bake until golden brown.

Icing for Honey Cookies

1 envelope gelatine	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup cold water	1 tsp. vanilla
1 cup sugar	$\frac{1}{2}$ cup boiling water

Boil sugar in hot water until it spins thread. Pour cold water in a bowl and sprinkle gelatine on top. Add hot syrup to dissolve gelatine. Add salt and flavoring. Beat well. Put cocoanut on the top of the cookies.

Mrs. P. J. Baron, Edmonton.

PECAN JUMBLES

$\frac{3}{4}$ cup butter	$1\frac{1}{3}$ cup brown sugar
1 egg, well beaten	2 cups flour
$\frac{1}{4}$ tsp. baking soda	$\frac{1}{4}$ lb. broken pecans (1 cup)

Cream butter and sugar thoroughly. Add egg and beat well. Add nuts and sifted dry ingredients. Chill. Drop with teaspoon on unbuttered baking sheet. Press down with fork. Place pecan on each cookie. Bake 375 degrees from 12 to 15 minutes.

Mrs. P. Greschuk, Edmonton.

PIE CRUST CUP CAKES

2 cups flour	pinch of salt
1 egg, well beaten	1 tsp. vanilla
3 tsp. baking powder	1 cup butter
2 tbsp. white sugar	$\frac{1}{4}$ cup milk

Sift flour, salt and baking powder. Blend the butter. Beat the egg and add the sugar, milk and vanilla. When well mixed add to first mixture. Roll thin and cut in rounds. Put in small muffin tins, drop $\frac{1}{2}$ tsp. of jam into each and a teaspoon of the following filling: beat 2 eggs well and combine $\frac{1}{2}$ cup of sugar, 1 tbsp. melted butter, 1 cup of cocoanut. Bake 20 minutes.

Mrs. H. Demco, Edmonton.

COCOA BRAN COOKIES

$\frac{2}{3}$ cup sugar	2 eggs
$\frac{2}{3}$ cup shortening	$\frac{1}{3}$ cup cocoa
2 tbsp. baking powder	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	1 cup flour
$\frac{3}{4}$ cup fine bran	

Cream shortening and sugar; add eggs (unbeaten) and beat thoroughly. Add vanilla, then the bran. Sift the remaining ingredients and add to the first mixture. Drop by spoonful and bake in moderate oven for 10 minutes.

Mrs. P. J. Baron, Edmonton.

KISSES

Whites of 3 eggs well beaten. Stir in 1 cup of fine sugar. Put on stove over boiling water and stir until light. Remove from stove. Add 1 tablespoon of corn starch, 1 tbsp. vanilla, $\frac{1}{2}$ lb. cocoanut. Drop on buttered pan and bake until golden brown.

Mrs. P. Greschuk, Edmonton.

DELIGHTS

$\frac{1}{2}$ cup sugar	2 cups flour
$\frac{3}{4}$ cup butter	2 level tsps. baking powder
2 eggs, unbeaten	1 cup raspberry jam
$\frac{1}{2}$ cup nuts	

Cream sugar and butter thoroughly. Add eggs, flour and baking powder. Form into balls. Place in small greased muffin tins. Press around the edges of the pan. Fill centre with mixture of jam and nuts. Bake in quick oven about 10 or 15 minutes. When cool, top with whipped cream.

Mrs. P. Greschuk, Edmonton.

TEATIME DAINTIES

$\frac{1}{2}$ cup butter	2 eggs
1 cup flour	1 tbsp. milk
1 tsp. baking powder	$\frac{1}{4}$ tsp. salt

Mix as for cookies, then roll thin and cut into small rounds. Place on cookie pan and make the following filling:

2 egg whites beaten stiff. 1 cup icing sugar, 1 tsp. melted butter and 2 cups fine cocoanut. Drape macaroon filling around the edge of cookie centering each with a dot of jelly. Bake in slow oven.

Mrs. P. J. Skrypnyk, Vegreville.

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MOUNT ROYAL CHOCOLATE COOKIES

Temj. 375° F. — Time 10-12 Mins. — 60 Cookies)

½ cup butter	1 teaspoon baking powder
½ cup brown sugar	2 tablespoons milk
½ cup white sugar	½ teaspoon vanilla
1 egg well beaten	½ cup chopped nut meats
1 ¼ cups sifted flour	1 bar (8 oz. size) Fry's Diamond Semi-Sweet Chocolate
½ teaspoon salt	

Cut this chocolate bar into small pieces approximately ⅛ to ¼ inch square. Cream the butter until soft, add sugar and well beaten egg. Sift the flour, measure, add the baking powder and salt and sift together twice, then add the sifted flour alternately with the milk to the butter mixture, beating until smooth after each addition. Then add the chopped nut meats and the pieces of semi-sweet chocolate and flavour with vanilla. Drop by half teaspoons on greased cookie sheet and bake.

Mrs. N. Onischuk, Edmonton.

POPPY SEED COOKIES

1 cup butter	¼ tsp. soda
1 cup sugar	2 eggs, well beaten
2 tbsp. cream	½ cup poppy seed or currants

Cream butter with sugar. Add well beaten eggs and cream. Sift flour and soda. Put enough flour to make soft dough. Roll and cut with cookie cutter.

Mrs. P. J. Baron, Edmonton.

SUGAR BISCUITS

2 eggs, ⅓ cup sugar and mix together half hour one way. Add ⅓ cup flour and mix well. Drop from spoon on greased pan and bake in hot oven. Before putting in the oven leave them in a pan for 1 hour until they get dry. Then bake.

Mrs. J. Korenda, Edmonton.

BACHELORS' BUTTONS

1 cup butter	1 tsp. salt
1 cup brown sugar	1 cup finely chopped nuts
1 egg	1 cup cocoanut
2 ½ cups pastry flour	½ cup cherries, if desired
1 tsp. baking soda	

Cream the butter thoroughly. Add sugar gradually and continue creaming until light and fluffy. Add beaten egg. Sift flour and measure. Sift again with soda and salt. Combine with the first mixture and stir in the chopped nuts and cocoanut. Drop the stiff batter from a teaspoon onto a greased baking sheet, forming balls, the size of a small walnut. Bake in a moderate oven 325 deg. until a delicate brown—about 15 minutes. This makes about 7 dozen cookies.

Mrs. J. Melnychuk, Edmonton.

COCOANUT MACAROONS

Two egg whites beaten stiff. Add one cup granulated sugar. Cook in double boiler until crust forms. Add 2 heaping teaspoons corn starch, stir constantly. Add 1 ¼ cups cocoanut, ½ tsp. vanilla. Drop by spoonful on greased pan and put cherries on top. Bake in oven until slightly brown.

Mrs. M. A. Prokopchuk, Edmonton.

ROSETTES

10 eggs—6 whole, 4 yolks	1 tbsp. sugar
$\frac{1}{2}$ cup sweet cream	pinch salt
2 tsp. vanilla	

Beat all together and add enough flour to make a soft dough. Leave half an hour to set at room temperature. Roll as for pie shell and cut in 1 inch squares or round shapes. Then place one square on top of another and press down the centre only with finger tip. Split corners with a knife and drop into hot lard. Ends curl up to form rosettes.

Mrs. S. Semotiuk, Vegreville.

PEANUT BUTTER COOKIES

$\frac{1}{2}$ cup butter	Pinch salt
$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ cup peanut butter
$\frac{1}{2}$ cup brown sugar	1 egg
1 tsp. soda	$1\frac{1}{4}$ cup flour
1 tsp. vanilla	

Make balls in hand and flatten out with a fork dipped in cold water. Bake for 10 min. at 350 deg.

Mrs. W. Smolyk, Edmonton.

PUFF PASTRY

1 lb. flour, add water. Make dough as if for cheese dumplings. Mix very well. Roll out the dough leaving a thicker portion in the middle. Take 1 lb. butter, mix well and form into a ball. Put this into the middle of your dough. Take one side and roll, take other side and roll, do likewise with all four sides. Now put in refrigerator and chill thoroughly. Roll all sides again. Repeat 3 times, and chill after each rolling. Cut into desired squares and put jam or apples in centre. Bake for 30 minutes in 375 deg. oven.

Mrs. W. Smolyk, Edmonton.

CREAM PUFFS

1 cup water	$\frac{1}{3}$ cup Mazola oil
1 cup sifted flour	4 eggs
$\frac{1}{2}$ tsp. salt	

Bring water and Mazola to a boil. Add flour and salt and cook until mixture leaves sides of pan. Remove from fire, cool and add unbeaten eggs one at a time, beating thoroughly after each egg is added. Bake 15 minutes in a hot oven, reduce heat to moderate and continue baking 20 to 25 minutes longer, fill with whipped cream or cream filling.

SOUR CREAM COOKIES

2 cups brown sugar	$\frac{1}{2}$ tsp. nutmeg
1 cup shortening	1 tsp. soda
2 eggs	4 tsp. baking powder
1 cup sour cream	$5\frac{1}{2}$ cups flour

Cream shortening. Add brown sugar. Then add well beaten eggs one at a time. Add sour cream with nutmeg, soda and baking powder. Mix in flour and drop from spoon on greased pan and bake in oven 400 deg. until golden brown. Nuts or mixed peel may be added.

Mrs. P. H. Miskew, Mundare.

PASTRY TARTS

2 cups flour	$\frac{1}{4}$ tsp. salt
1 cup butter	1 egg
2 tbsp. sugar, heaping	1 tsp. baking powder

Mix above ingredients and roll out as for pie. Line muffin tins. Pare, slice and cook apples. Add sugar to taste. Fill pastry lined muffins with cooled apple mixture and put a top on each muffin, slit in middle. Bake.

Mrs. J. Wilson, Edmonton.

TARTS

1 cup brown sugar	1 tbsp. butter
$\frac{1}{2}$ cup currants	handful walnuts
2 eggs	

Make pastry as for pie. Roll and line muffin tins and fill with above ingredients.

Mrs. E. Skwarok, Edmonton.

CHEESE COOKIES (Perishke)

$\frac{1}{2}$ lb. pkg. Velveeta Cream cheese	$\frac{1}{2}$ lb. butter 2 cups flour
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Cream cheese and butter well, then mix in the flour. Blend well. Place dough in cool place overnight or 2 hours in refrigerator until real hard. Then roll dough out on floured board real thin; then cut in squares and place jam in centre and fold over in triangle, pressing edges well together. Bake 12 min. in hot oven 375 deg. Pineapple jam is excellent filling for these.

Mrs. J. Pryma, Edmonton.

PRUNE SHORTBREAD

1 $\frac{1}{2}$ cups flour	1 cup butter
$\frac{1}{2}$ tsp. soda	1 cup brown sugar
1 tsp. baking powder	1 $\frac{1}{2}$ cups coarse oatmeal
$\frac{1}{4}$ tsp. salt	Prune filling

Sift dry ingredients. Rub in butter with tips of fingers. Add sugar and oatmeal. Mix well. Spread half of mixture in greased pan 8x14. Pat lightly. Cover with prune filling, then cover with remaining crumbs. Bake 35 min. in moderate oven. When cold cut in squares.

Prune Filling

1 lb. prunes	$\frac{3}{4}$ cup prune juice
$\frac{1}{2}$ cup sugar (white or brown)	

Boil prunes until well done. Remove stones. Add sugar and prune juice. Mix well.

Mrs. O. Demco, Edmonton.

SHORT BREAD COOKIES

2 tbsp. corn starch	$\frac{1}{2}$ cup icing sugar
1 cup butter	3 scant cups flour

Work corn starch and sugar into creamed butter. Then gradually knead in flour. Roll out and shape. Bake in moderate oven 20 minutes or more, until light fawn in color.

Mrs. George Pillott, Edmonton.

SWEDISH PASTRY

$\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup brown sugar
 1 egg yolk, slightly beaten

1 cup flour
 1 egg white

Cream butter and sugar well. Add egg yolk, then flour. Roll in balls. Dip in egg white (not beaten) and roll in crushed walnuts. Press in centre. Bake 5 minutes in slow oven. Remove and press down centre again and bake for 10 or 15 minutes longer. When done fill centre with jam before serving.

Mrs. O. Demco, Edmonton.

LEMON SLICES

$\frac{1}{4}$ cup sugar
 1 cup butter
 2 cups flour

1 egg yolk
 rind of lemon
 juice of $\frac{1}{2}$ lemon

Place ingredients in bowl in the order mentioned. Mix well. Roll on a floured board. Cut into long narrow strips. Brush with beaten egg white and sprinkle with finely crushed peanuts or almonds. Bake in moderate oven.

Mrs. Catherine Petaske, Edmonton.

SNOW DROPS

Beat until creamy $\frac{3}{4}$ cup butter; then add 6 tbsp. confectioner's sugar. Stir in and blend well 2 cups cake flour, 1 cup walnuts (or peanuts), 2 tsp. vanilla, 1 tsp. water. Chill until firm enough to shape with fingers. Form into small date-shaped pieces. Roll in confectioner's sugar as soon as removed from oven. Time in oven 10-12 minutes. Oven temperature 400 deg. F. Makes 60 drops.

Mrs. M. Strashok, Edmonton.

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ALMOND CRESCENTS

$\frac{1}{2}$ cup sugar	$2\frac{1}{2}$ cups flour
1 cup butter	$\frac{1}{2}$ cup ground almonds
1 egg yolk	

Blanch almonds and grind on fine knife of meat chopper. Combine all ingredients and mix lightly together, as for pie crust. Chill dough until hard. Cut off pieces the size of a walnut and form into little crescents as long as index finger. Bake in moderate oven. Mix $\frac{1}{2}$ cup icing sugar and 1 tsp. cinnamon and roll while hot.

Mrs. P. Litwin, Edmonton.



Soups

**LIVER SOUP**

1 lb. veal liver	$\frac{2}{3}$ tbsp. flour
2 eggs	salt to taste

Grind liver and add eggs, flour and salt. Pour the mixture into a greased hot frying pan and spread it $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Then fry on both sides. Cool and dice. This may be added to ready cooked and seasoned chicken or beef broth. When broth is ready put the diced liver into it and bring to boiling point. Serve immediately.

Mrs. M. Bociurko, Edmonton.

CONSOMME

4 lbs. beef shank	4 carrots
5 qts. water	$1\frac{1}{2}$ lbs. cabbage
4 tsp. salt	1 parsnip
1 bay leaf	sprig parsley
pinch mixed spices	$\frac{1}{2}$ lb. celery
1 onion	$\frac{1}{2}$ turnip

Bring above ingredients to a boil. Then simmer slowly for 4 hours. May be served clear or with cooked rice.

CREAM OF TOMATO SOUP

2 cups tomatoes	2 cups milk
1 slice onion	2 tbsp. flour
1 tsp. sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. soda	little pepper

Boil the tomatoes and onions gently for 15 minutes. Then press through strainer into a bowl. Melt 2 tbsp. butter in saucepan, add the flour, stir until smooth. Add milk and stir constantly until it boils. Add salt, pepper and sugar. Stir the soda into the strained tomato and add it gradually to the thickened milk and serve at once.

CREAM OF TOMATO SOUP

1½ cups milk	3 tbsp. butter
1½ cups canned tomatoes	pinch soda
2 tbsp. flour	½ tsp. salt

Warm milk. Warm tomatoes. Add warm milk to tomatoes. Melt butter in small pan and add flour. To the tomatoes add pinch of soda. Then add the flour mixture. Season to taste.

Mrs. H. Saik, Edmonton.

BEEF SHANK BONE SOUP

3 lbs. beef shank	2 tsp. salt
2½ qts. water	

Let bone soak half hour before cooking. A bone with marrow makes delicious soup. Cover with more water and let simmer for 3 hours. Strain the skum. Never boil. Add vegetables: onions, carrots, celery. Tomatoes may be added if desired.

Mrs. R. Stoyko, Edmonton.

MARROW BALLS

Cream ½ cup marrow with tablespoon of cold water. Add 1 egg well beaten, 1 tsp. salt, 1 tsp. chopped parsley and about ½ to ¾ cup dried bread crumbs.

Make balls about size of walnut, roll in flour and flatten in palm of hand. Drop gently into simmering soup and cook 10 minutes. Balls should rise to surface when done.

Mrs. R. Stoyko, Edmonton.

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Fish

★ ★ ★ ★

GEFILTE FISH

- | | |
|-------------------------|---------------------------|
| 1 lb. pickerel fillets | 1 tbsp. fine bread crumbs |
| 1 lb. whitefish fillets | salt and pepper |
| 1 medium onion | 1 tsp. sugar |
| 1 egg | 2 tbsp. water |

Put fish fillets through the food chopper with the onion. Then add the remaining ingredients and mix together thoroughly. Form into small balls and flatten slightly.

Cover the bottom of a deep kettle with slices of onion, one piece of celery, chopped, one small carrot sliced, salt and pepper and about 2 cups boiling water. Cover and cook steadily for about 1½ hours. It may be necessary to add more water from time to time, but toward the last allow the liquid to cook away and set the pan in the oven to brown.

Mrs. Frank Montaine, Edmonton.

SALMON LOAF

- | | |
|---|-----------------------------|
| 1 cup flaked cooked salmon | ½ tsp. onion juice |
| 1 cup stale bread crumbs soaked in 1 cup scalded milk | 2 egg yolks, beaten |
| 1 tsp. salt | 1 tsp. lemon juice |
| 1 tbsp. shortening | 2 stiffly beaten egg whites |
| | folded in last |

Mix in order given. Bake in well greased and crumbed pan.

Mrs. Landly, Wildwood.

PIKE OR HALIBUT IN CREAM SAUCE

Wash and arrange fish in baking dish 2 or 3 inches apart; one layer and sprinkle with lemon juice and pour water to cover. Place in oven for 30 minutes or until the fish swells and bubbles are formed.

In the meantime take 2 heaping tbsp. flour and 2 tbsp. butter. When butter is melted put the flour in and then about 3 cups hot milk. Stir until thick. Salt to taste. Take fish out and pour water off. Pour cream sauce over it. Sprinkle with 1 cup grated cheese and then rolled soda crackers. Put back in oven for 10 to 15 minutes.

Mrs. H. Demco, Edmonton.

OYSTERS CREAMED ON TOAST

- | | |
|----------------------|-----------------|
| 1 pt. oysters | salt and pepper |
| 1½ cups milk | ⅓ cup butter |
| ½ cup cream | ⅓ cup flour |
| lemon juice to taste | |

Heat oysters until the edges curl. Strain off the liquid. Heat the milk. Heat the oyster liquid and skim. Melt butter, sift in the flour, stir and cook together. Add hot milk and oyster juice all at once, whisking until it is smooth and thick. Add the cream to the oysters and season. Serve on hot buttered toast.

Mrs. P. J. Baron, Edmonton.

FISH CUTLETS

1 lb. fresh fish boned, white or cod, 1 cupful white bread, a little milk or water, 2 eggs, salt and pepper.

Soak bread in a little milk or water for 2 or 3 minutes. Squeeze the liquid from the bread and put both fish and bread through food chopper using a fine knife. Add well beaten eggs and season to taste with salt and pepper. Mix well and shape into 8 or 10 cutlets, or other desired forms. Roll in sifted dry bread crumbs and fry in butter or cooking oil, turning on both sides. Serve hot with well seasoned tomato sauce.

Tomato Sauce

1 can tomatoes	1 tsp. salt
1 grated onion	1 tsp. pepper
1 tbsp. butter	2 tbsp. flour

Stew the tomatoes with the salt and pepper, onions and butter for at least 35 minutes. Before serving stir in 2 tbsp. flour and cook 5 minutes longer, keeping it from scorching. Pour around fish and serve at once. Baked potatoes should accompany this dish.

SCALLOPED SALMON

Separate 1 can red salmon. Make white sauce with 1 cup milk, 1½ tbsp. butter, 1½ tsp. flour, salt and pepper. Put fish in casserole, add 1 cup peas and pour on white sauce. Cover with bread crumbs, dot with butter. Bake 30 minutes.

SALMON ROLL

2 cups flour	4 tablespoons shortening
4 teaspoons baking powder	1 egg
½ teaspoon salt	½ cup milk

Sift first 3 ingredients, add shortening and mix well with fork. Beat egg and to it add milk to make ¾ cup. Add to flour mixture. Make soft dough. Roll out on floured board making square approx. 8 x 8 inches, ¼ inch thick.

Spread dough with the following mixture:

1 tin salmon (1½ cups)	2 tsp. finely chopped onion
4 tbsp. milk	1 tbsp. chopped parsley (may be omitted)
2 tbsp. lemon juice	

Roll, same as jelly roll. Bake in hot oven 425° for 30 minutes. Cut in ½ inch slices. Serve with medium sauce to which 1 or 2 hard boiled eggs have been added.

Mrs. Sereda, Edmonton.

Meat Dishes

★ ★ ★ ★

BAKED STUFFED SPARERIBS

- | | |
|---------------------------|-----------------------|
| 3 lbs. pork spareribs | 2 tbsp. minced onions |
| 1½ cups soft bread crumbs | ¾ tsp. powdered sage |
| 2 tbsp. bacon fat | 1 can tomato juice |
| Salt and pepper to taste | 1 egg |

Season crumbs, rub in dripping and egg. Stuff and tie spareribs. Brown in frying pan, season, transfer to baking dish. Pour in tomato juice, cover and bake from 45 to 60 minutes in moderate oven 350°. Season and thicken liquid.

Mrs. J. Baron, Edmonton.

SPANISH STEAK

- | | |
|----------------|-------------------------|
| 2 lbs. steak | 1 can peas |
| 6 small onions | 1 clove garlic |
| 1 green pepper | 1 can tomatoes, drained |

Brown steak thoroughly. Remove from pan and in its place simmer the onions, green pepper and garlic for 5 minutes. Place the meat in a heavy pan and spread the onions and green pepper over the top. Add tomatoes, cover and simmer until meat is tender. Twenty minutes before serving add the peas. Lift carefully from the pan and serve with the vegetables on the top and a border of rice or potatoes.

Mrs. M. Basarab, Edmonton.

STEAK AND KIDNEY PIE

- | | |
|--------------------|--------------------|
| 2 lbs. round steak | 1 lb. kidney |
| 2 large carrots | 1 onion, 1 parsnip |

Cut steak and kidney into small pieces. Boil for about 20 minutes. Cut up carrots, onion and parsnip (celery may be added) and place with meat. Season to taste. Let simmer for about an hour. Place in a casserole. Make a pie crust for the top and bake until crust is done.

Mrs. J. Baron, Edmonton.

BAKED VEAL CUTLETS

- | | |
|--|------------------------------------|
| 1 lb. cutlets | 2 tbsp. chopped green parsley |
| 3 medium onions | few fine leaves of dill if desired |
| 1 medium green pepper | 1 cup bread crumbs |
| 3 large ripe tomatoes | salt and pepper |
| ¾ cup chopped celery, stalk and leaves | hot water |
| 3 tbsp. lard, half butter | |

In a medium sized casserole melt fat. Cover bottom with 1 onion sliced. Put on a layer cutlets, about 4 medium sized ones. Add salt and pepper. Then sprinkle about half cup bread crumbs. Slice half of the second onion to cover bread crumbs. Add half of the celery, green pepper, tomatoes. Add another layer of cutlets and repeat until all vegetables are used up. Dot with butter. Pour enough water to half fill casserole. Bake in moderate oven until meat is tender, about 1 hour.

Mrs. H. Saik, Edmonton.

BEEF CROQUETTES

Chop bits of cold meat very fine. To 1 cupful chopped meat add half cup cracker crumbs, 1 egg, salt and pepper and a little sage. Mix together with hot water or meat gravy. Make into little cakes and fry in a hot buttered pan.

Mrs. P. J. Baron, Edmonton.

GOULASH

- | | |
|-------------------------------------|--------------------|
| 1 tbsp. lard | 1 tsp. red paprika |
| 2 large onions chopped and
fried | salt |
| 2 lbs. lamb or veal or chicken | |

Fry onions on lard until brown. Cut meat in pieces and put into onions. Add paprika, and salt and simmer for 15 minutes. Then put into a stewing pot. Cover with water and let simmer until meat is almost done. Add about 6 potatoes or more, cut into quarters and add a little more water to almost cover the potatoes. Cook until done.

If dumplings are liked, omit the potatoes. Cooked rice is a very good substitute for potatoes.

Dumplings

- 1 cup flour, 2 eggs, milk.

Add milk to make a thick batter. Drop by spoonfull into the stew and boil for a few minutes.

Mrs. J. Korenda, Edmonton.

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TEXAS HASH

- | | |
|--------------------------|---------------------------------|
| 2 large onions sliced | $\frac{1}{2}$ cup uncooked rice |
| 2 green peppers cut fine | 1 tsp. chili powder |
| 3 tbsp. shortening | 2 tsp. salt |
| 1 lb. hamburger | $\frac{1}{4}$ tsp. pepper |
| 2 cups canned tomatoes | |

Fry onions and green peppers slowly in shortening until onions are yellow. Add hamburger and saute until mixture falls apart. Add tomatoes, rice and seasonings and mix. Put in large casserole, cover and bake in moderate oven 375° 45 minutes until done. May also be cooked over low heat on top of stove. One cup uncooked spaghetti, macaroni or noodles may be used instead of $\frac{1}{2}$ cup rice.

Mrs. G. Skwarok, Edmonton

VEAL STEW

- | | |
|----------------------------------|--------------------|
| 2 onions fried in butter or lard | 1 lb. veal or more |
|----------------------------------|--------------------|

Slice onions and fry. Cut meat in small pieces and fry with onions. Add water to cover the meat. Simmer until meat is almost done. Add 1 can catsup, 1 cup sour cream, 1 egg beaten with sour cream, salt and pepper. Brown a little flour on butter or lard, add a little water to make gravy and add to meat. Let come to boil and serve.

Mrs. J. Korenda, Edmonton.

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Supper Dishes

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CHILI CON CARNE

3 cups brown beans	3 lbs. celery
1 lb. bacon	2 tsp. cayenne or chili powder
2 lbs. beef	1 can tomatoes
2 cups chopped onions	1 can catsup
4 tbsp. butter	

Soak beans over night. In morning cover beans with water and bring to a boil, then let simmer slowly for 3 hours. Chop bacon fine and fry. Add to beans. Chop beef fine and fry in butter, then add to beans. Fry onions in butter until brown and add to beans. Add tomatoes and catsup and mix well. Salt to taste. Mix chili powder with juice from beans and add to beans. Add chopped celery to beans. Mix all ingredients well with beans. This chili con carne can be sealed in sterilized sealers.

Mrs. F. Rudzik, Rycroft.

DEVILLED EGGS

Boil eggs until hard. Take off shell and cut in half. Then take out the yellow part and mix mustard, salt, pepper and a little chopped onion, parsley and vinegar with it. Put back in white part.

FLUFFY OMELET

6 eggs, separated	$\frac{1}{8}$ tsp. pepper
$\frac{3}{4}$ tsp. salt	1 $\frac{1}{2}$ tbsp. fat
6 tbsp. milk or water	

Beat egg yolks until thick, add liquid, salt and pepper. Beat egg whites in another bowl until stiff and dry and fold into yolk mixture. Melt the fat in the pan and tip it slightly to grease side and bottom. Pour in the omelet and spread it evenly on the surface. Cook over low heat until the omelet is golden brown on the underside. Place in a slow oven 350° for 5 minutes. Loosen with spatula, fold and turn on a hot platter.

Mrs. P. J. Baron, Edmonton.

BAKED MACARONI AND CHEESE

2 cups medium white sauce	1 $\frac{1}{2}$ cups grated cheese
$\frac{1}{2}$ (9 oz. pkg.) macaroni, about	2 tbsp. butter
1 $\frac{1}{4}$ cupfuls, (Spaghetti may be substituted.)	$\frac{1}{2}$ cup dry bread crumbs

Make white sauce using 2 cups milk, 1 to 2 tablespoons butter, 4 level tablespoons flour, 1 teaspoon salt, $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon pepper and keep hot. Cook macaroni in 1 quart boiling water to which 2 teaspoons salt have been added. Drain. Arrange in layers; macaroni, sauce and cheese, making 2 or 3 layers. Cover with buttered crumbs. (The crumbs may be optional.) Bake in moderate oven 350° for 20 to 30 minutes.

Mrs. M. Sereda, Edmonton.

BAKED VEGETABLE DUMPLING

Dough:

5 cups sifted flour	1 tsp. salt
1 tsp. baking powder	1½ cups cold water
1 cup lard	

Mix the above ingredients and make into thick dough. Then roll out to ¼ inch thickness and cut into 4 inch squares.

Filling:

1½ lbs. veal hamburger	5 oz. carrots
¾ lb. turnips	3 oz. onions
½ lb. potatoes	

Shred all three vegetables coarsely into mixing bowl. Add hamburger, chopped onions, salt and pepper and mix well together with wooden spoon.

Now take about 2 tablespoons of vegetable filling and place in each square. Fold over and press edges together all around. Place dumplings edgewise in buttered baking pan and bake in oven 350 degrees F. for 45 minutes.

Mrs. M. Krushelnicky.

HOTCAKE ROLLS WITH BUCKWHEAT FILLING

Hotcake batter :

6 egg whites	⅓ tsp. baking powder
2 cups fresh milk	½ tsp. salt
2 cups flour	

Mix the ingredients well into a thick batter. Have a 5 inch frying pan buttered well. Cover surface of pan thinly with 2 tblsp. of this batter. Fry on slow fire on one side only, until top doesn't stick to fingers. Then remove to platter and butter pan again and put batter in pan to fry. Do this until all batter is used.

Filling:

2 cups buckwheat	4 oz. chopped onion
1 pint boiling water	6 oz. butter
1 tsp. salt	6 egg yolks
Pinch of pepper	1 cup sweet cream

Into 1 pint boiling water add salt, pepper and buckwheat. Mix well. Place 2 tblsp. butter on top, cover and place on slow fire or oven and let simmer for 30 minutes. Chop onion and place in well buttered pan to fry until it changes into a gold color. When buckwheat is cooked, change it from pot into a mixing bowl. Add fried onions, egg yolks and sweet cream.

Into every hotcake place one tablespoon of filling and roll around. Place 2 tblsp. of butter on top and bake in oven 310 degrees F. for 45 minutes.

Mrs. M. Krushelnicky.

MOCK DUCK

1 slice salt pork	3 tbsp. drippings
$\frac{1}{2}$ cup chopped onion	$2\frac{1}{4}$ cups water
1 cup bread crumbs	2 bay leaves
1 tbsp. sage	4 tbsp. flour
$1\frac{1}{2}$ lbs. top of round or veal steak	2 tsp. salt
2 tbsp. flour	1 cup olives (optional)

Chop pork fine; place in frying pan and cook to golden color. Add onions, fine bread crumbs and sage; stir well. Remove from fire, and when cool place in centre of one-half of round steak. Turn over other half and sew or fasten with toothpicks. Dust all over with 2 tbsp. flour. Put drippings in frying pan and sear meat on both sides. Place in roasting pan; add water and bay leaves and simmer gently $2\frac{1}{2}$ hours. Remove to serving platter. Soften 4 tbsps. flour in water, stir into juice in roaster and cook gently for 15 minutes. Add salt; strain and pour over meat. Garnish with olives, stoned and cut in half. Serve with apple sauce.

Mrs. O. Esaiw, Edmonton.

SARATOGA CHIPS

Pare and cut potatoes very thin. Put into a vessel of ice cold water and let them stay until the ends curl up. Then dry them on a towel and cook in hot lard until brown. Sprinkle a little salt over them.

PETER AL. STARKO JOSEPH J. STARKO

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Vegetables

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SCALLOPED POTATOES

6 or 8 medium sized potatoes	Salt and pepper
1 medium onion	2 or 3 cups milk
Butter or little bacon	

Butter a casserole and place in it the sliced vegetables, sprinkling each layer with salt, pepper and if desired a little flour. Repeat until the dish is nearly full. Pour on enough rich milk to cover. Dot with butter or bacon dripping and bake in a moderate oven for about 1 hour or until tender. Do not let the heat become intense or the mixture will curdle and the top will become dark brown and the dish will be hard to clean.

Mrs. J. Kolmatycki, Innisfree.

POTATO ROLLS

3 cups mashed potatoes	1 small onion finely chopped
2 tbsp. butter	Salt and pepper to taste
3 tbsp. hot milk	1 egg

Add butter, milk, egg, onions and salt and pepper to mashed potatoes and beat well. Make them into little rolls and roll them in soda crackers. Place them on the cookie sheet and brown in hot oven.

Mrs. P. Swist, Edmonton.

VEGETABLE HAMBURGERS

2 medium sized onions	1 cup cooked beets
1 cup cooked carrots	1½ cups bread crumbs
¾ tsp. salt	1 egg
4 tbsp. butter	

Chop onions, beets and carrots fine. Add the seasoning and 1 cup of the bread crumbs. Mix well and bind together with the well beaten egg. Shape the mixture into flat patties and roll in the remaining crumbs. Brown well in hot melted butter.

Mrs. P. Greschuk, Edmonton.

BEETS IN CREAM

6 small beets	1 pint sour cream
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Peel the beets and wash. Then dice them. Put in a pan adding cream and seasoning. Simmer until the beets are cooked. Serve while hot.

Mrs. M. Bociurko, Edmonton.

STUFFED GREEN PEPPERS

1 lb. ground pork	1 onion fried
1 cup rice	Salt and pepper

Remove seeds from peppers, fill three quarters full of above mixture and put in a roaster or pot. Pour a can of tomatoes and water to cover peppers. Cook slowly until done. When done take some juice and mix with 2 tbsp. flour and add to the juice in roaster, making a gravy. Pour this over the peppers and put in oven to bake 5 to 10 min. Salt and pepper to taste.

CANNED TOMATO CASSEROLE

Slice 2 onions. Add salt and pepper to taste and fry in 3 or more tbsp. butter until soft. Then add 1 pint tomatoes and let come to a boil. Place about 4 cups dried bread cut into small cubes into a casserole. Then pour tomato mixture over it and bake about $\frac{1}{2}$ to $\frac{3}{4}$ hour.

Mrs. M. Gonek, Edmonton.

POTATO CROQUETTES

3 cups cold mashed potatoes	$\frac{1}{4}$ cup flour
1 cup cooked peas and carrots	Seasoning to taste
2 beaten eggs	

Flake potatoes. Sift in flour and add beaten eggs and seasoning. Mix well. Add peas and carrots, mix lightly. Form into cone shape. Dip in beaten egg and roll in bread crumbs. Fry in hot deep fat until golden brown.

Mrs. H. Saik, Edmonton.

POTATO GRIDDLE CAKES

2 cups grated raw potatoes	1 tsp. salt
2 eggs	1 tsp. baking powder
$\frac{2}{3}$ cup flour	4 tbsp. milk

Pare potatoes and let stand in cold water for several hours. Drain and grate. Beat eggs well and add grated potato. Mix, and sift flour, salt and baking powder and add to first mixture. Beat well and add milk gradually. Drop from tip of spoon onto well greased griddle. Bake until brown first on one side and then on the other. Serve hot.

Mrs. O. Esaiw, Edmonton.

GLAZED BEETS

2 tbsp. butter	2 cups cooked or canned beets,
$\frac{1}{4}$ cup sugar	sliced or diced
2 tbsp. vinegar	$\frac{1}{4}$ tsp. salt

Cook the butter, sugar and vinegar to form a sauce. Add the beets, season with salt and cook together 5 minutes. Serve hot.

CORN FRITTERS

1 egg	2 tsps. baking powder
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ tsp. salt
2 cups corn (canned)	2 tsps. melted shortening
1 $\frac{1}{2}$ cups flour	

Beat the egg and add remaining ingredients. Beat well, drop by spoonfuls into deep hot fat and cook until golden brown.

Mrs. Melnychuk, Edmonton.

Fruit and Vegetable Salads

★ ★ ★ ★

SALAD DRESSING

3 eggs	3 tsp. butter
4 tsp. sugar	$\frac{1}{4}$ tsp. black pepper
1 tsp. salt	$\frac{1}{2}$ cup vinegar
1 tsp. mustard	

Beat eggs until stiff. Mix sugar, salt, mustard and pepper together. Then add to egg mixture. Beat well. Add vinegar and beat again. Boil in double boiler until thick. Add butter and let melt. Then beat with egg beater until smooth.

Mrs. P. Swistovich, Edmonton.

SAUERKRAUT AND CARROT SALAD

1 cup sauerkraut	2 tsp. sugar
1 cup grated carrots	Few grains cayenne pepper
$\frac{1}{2}$ tsp. mustard	1 egg yolk
1 tsp. salt	6 tsp. vinegar
2 tsp. flour	$\frac{1}{2}$ cup thick sour cream

Mix mustard, salt, flour, sugar and pepper in top of double boiler. Stir in vinegar and cook until mixture thickens. Add egg yolk and remove from heat. Cool and add to cream which has been beaten until stiff. Mix kraut and carrots with dressing.

Mrs. P. J. Baron, Edmonton.

BOILED DRESSING

$\frac{1}{2}$ tsp. salt	1 egg
3 to 4 tsp. mustard	1 tbsp. butter
2 tbsp. sugar	$\frac{1}{2}$ cup hot water
1 tbsp. flour	$\frac{1}{4}$ cup vinegar

Mix dry ingredients. Beat the egg slightly. Add water and vinegar slowly. Cook until it gets medium thick and stir it all the time while cooking.

Mrs. W. Esaiw, Goodeve, Sask.

FRUIT SALAD

Cube the following fruit—pineapple, bananas, oranges and apples. (Other fruits in season could be used.)

Use the following dressing: $\frac{1}{2}$ cup pineapple juice, $\frac{1}{2}$ cup sugar, 2 eggs, $\frac{1}{4}$ cup lemon juice, 1 tsp. butter.

Beat eggs separately. Add other ingredients and boil. Let cool and when ready to serve add $\frac{1}{2}$ cup whipped cream. Pour dressing over fruit and serve on lettuce leaves.

Mrs. G. Woytkiw, Manville.

CUCUMBER SALAD

3 cucumbers, 2 hard boiled eggs, $\frac{1}{2}$ cup cold salmon, parsley. Pare cucumbers, cut in halves. Dice the eggs and chop parsley and mix with salmon and salad dressing.

Mrs. J. Baron, Edmonton.

FRUIT SALAD DRESSING

Juice 2 oranges, 2 lemons, 2 eggs, 1 cup sugar. Cook until thick. When cold place in ice box until needed. When you want to use it add whipped cream.

GOLDEN GLOW SALAD

1 pkg. lemon Jello	1 cup canned pineapple diced
1 cup boiling water	and drained
1 cup canned pineapple juice	1 cup grated raw carrot
1 tbsp. vinegar	lettuce
$\frac{1}{2}$ tsp. salt	

Dissolve Jello in boiling water, add pineapple juice, vinegar and salt. Chill. When slightly thickened add pineapple and carrot. Turn into individual molds. Chill until firm. Unmould on lettuce. Garnish with mayonnaise.

Mrs. F. Montaine, Edmonton.

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Desserts and Puddings

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LEMON PUDDING

1 cup sugar	2 tbsp. flour
1 tbsp. butter	Yolks of 2 eggs
Rind and juice of 1 lemon	1 cup milk

Beat egg whites and add last. Bake in pudding dish in a moderate oven. Serves four.

Mrs. W. Baron, Wildwood.

NUT MAPLE MOLD

1½ cups brown sugar	⅓ cup cornstarch, diluted with
2 cups boiling water	½ cup cold water

Place on fire and cook slowly, stirring constantly until mixture begins to thicken. Then cook in double boiler for 15 minutes, stirring occasionally. Remove from fire and add whites of 3 eggs, beaten stiff. Add a few grains salt and ½ cup nuts. Turn into a mold and chill. Serve with a sauce made with mapleine.

Mrs. John Karenko, Edmonton.

SPONGE PUDDING (Steamed)

1 cup sugar	1 cup milk
½ cup butter	2 tsp. baking powder
2 cups flour	2 eggs

Cream butter and sugar. Add eggs and beat well. Add flour, which has been sifted with baking powder. Add milk. Steam in double boiler for 1½ hours. Serve with favorite sauce.

Mrs. E. Skwarok, Edmonton.

APPLE DESSERT

1 cup flour	¼ tsp. salt
1½ tsp. baking powder	⅓ cup milk
3 tbsp. sugar	1 egg

Beat egg and milk. Add dry ingredients. Peel, core and slice apples and dip in above mixture. Fry in deep fat until brown. Sprinkle with sugar.

Mrs. H. Demco, Edmonton.

PLUM PUDDING

½ lb. currants and candied peel	1 tsp. salt
4 cups stale bread crumbs	1 tsp. cinnamon
6 eggs	½ lb. suet
1 cup flour	¼ lb. citron peel
¼ tsp. allspice	1 cup brown sugar
½ lb. raisins	½ tsp. nutmeg and cloves

Sift flour, salt and spices. Chop or grind the suet very finely, also fruits. Soak crumbs in 2 cups milk and add the sugar and well beaten eggs. Combine with first mixture. Turn into well buttered mould. Cover and steam 5 hours. Keep covered in a cool place.

Mrs. P. J. Baron, Edmonton.

PRINCESS PUDDING

2 cups brown sugar

2 cups boiling water

Place above in pudding pan and boil for few minutes. Then make a batter of the following:

 $\frac{1}{2}$ cup white sugar

2 tsp. baking powder

Lump of butter

 $\frac{1}{2}$ cup milk

1 tsp. cinnamon

 $\frac{1}{2}$ cup raisins

1 cup flour

Mix ingredients in order given, then pour batter into pudding pan slowly over the syrup. Bake in moderate oven for 25 minutes or until baked. Serve while warm.

Mrs. M. Basarab, Edmonton.

LEMON BISQUE

1 can evaporated milk (less 3 ozs.)

3 tbsp. lemon juice

rind of 1 lemon

 $1\frac{1}{4}$ cup boiling water

1 pkg. lime or lemon Jello

 $\frac{1}{3}$ cup honey

Graham wafers

 $\frac{1}{8}$ tsp. salt

Chill milk thoroughly. Dissolve Jello in boiling water. Add honey, salt, lemon juice and rind. Chill in refrigerator and when starting to jell, whip milk until stiff. Mix with jelly. Roll graham wafers and line dish with crumbs. Spread jello mixture, then sprinkle crumbs on top. Return to refrigerator to set. Cut in squares to serve.

Mrs. M. Strashok, Edmonton.

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CARROT PUDDING

$\frac{1}{2}$ cup Crisco	$1\frac{1}{4}$ cup flour
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ tsp. soda
1 egg	1 tbsp. water
1 cup grated raw carrots	1 tsp. baking powder
$\frac{1}{2}$ cup currants	$\frac{1}{2}$ tsp. salt
2 tsp. thinly cut lemon peel	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ cup seedless raisins	$\frac{1}{2}$ tsp. nutmeg

Blend crisco, sugar and egg. Add grated carrots, raisins, currants and lemon peel. Add the sifted flour and baking powder, salt and spices. Mix thoroughly. Then add the soda dissolved in water. Pour mixture into a tube mould or a pudding dish that is rubbed with crisco. Bake in a moderate oven 325 deg. for 1 hour. Serve with pudding sauce or whipped cream.

Pudding Sauce

1 cup boiling milk	pepper to taste
2 tbsp. cornstarch	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ tsp. salt	

Mrs. W. Esaiw, Goodeve, Sask.

CARROT STEAMED PUDDING

2 eggs	$\frac{1}{4}$ cup mixed peel (pineapple or cherries)
1 cup sugar	1 tsp. baking soda
1 cup butter or half butter and shortening	$\frac{1}{4}$ tsp. salt
3 cups flour	1 tsp. each nutmeg, allspice, cloves and cinnamon
2 cups shredded carrots	$\frac{1}{4}$ tsp. ginger
1 cup raisins	
1 cup currants	

Mix butter and sugar well. Beat eggs and beat again. Add carrots. Put in half of the flour; the other half mix with spices and baking soda. Add well mixed fruit. Steam in a well greased pudding dish for 3 hours. Use any favorite sauce.

Mrs. E. Skwarok, Edmonton.

APPLE DUMPLINGS

2 cups flour	$\frac{1}{2}$ cup milk
1 teaspoon salt	3 apples, peeled and cored
4 tsp. baking powder	Brown sugar, butter, cinnamon
$\frac{1}{2}$ cup shortening	
1 egg	

Sift and measure, add salt and baking powder and sift again. Cut in shortening, as for pastry. Add slightly beaten egg and milk. Roll out about $\frac{1}{4}$ inch thick and cut into 6 squares. Place $\frac{1}{2}$ apple on each square. Fill core with butter, brown sugar, and cinnamon. Pinch dough over apple. Place in baking pan, pour on sauce and bake in hot oven 425 deg., about 30 to 40 minutes. Baste occasionally with sauce.

Sauce

1 cup corn syrup	2 tablespoons butter
$\frac{1}{2}$ cup water	1 tsp. flavoring

Combine ingredients and bring to a boil.

Mrs. M. Sereda, Edmonton.

Pies

★ ★ ★ ★

STRAWBERRY CHIFFON PIE

- | | |
|---------------------------------|----------------------------|
| 1 pkg. strawberry jelly (pulv.) | 1 cup hot strawberry fruit |
| ½ cup mashed strawberries | juice |
| 1 cup boiling water | 2 egg whites |
| ½ cup whipping cream | |

Dissolve jelly in hot water and fruit juice. Chill with occasional stirring until just beginning to set. Beat egg whites until stiff. Add to jelly and beat thoroughly. Add the fruit and beat again. Chill slightly. Pour into baked pie crust. Just before serving garnish with whipped cream to which 1 tbsp. icing sugar and ½ tsp. vanilla have been added.

Mrs. Marie Koziak, St. Michael.

COTTAGE CHEESE PIE

- | | |
|---------------------|-----------------------|
| 1 ½ cups cheese | 4 tbsp. melted butter |
| ½ cup sugar | ¼ tsp. salt |
| 1 tbsp. flour | 2 egg yolks, unbeaten |
| Grated rind 1 lemon | ½ cup chopped nuts |
| ½ cup raisins | |

Combine in order given. Mix thoroughly and pour into unbaked pie crust. Bake at 400 deg. for 10 minutes. Then reduce temperature to 350 deg. Continue baking until filling is firm.

Mrs. P. J. Baron, Edmonton.

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PUMPKIN PIE

1 ¼ cups cooked and strained or canned pumpkin	1 ¼ cups scalded milk
½ cup sugar (scant)	1 teaspoon ginger
2 tablespoons butter	1 teaspoon cinnamon
2 tablespoons syrup	½ teaspoon salt
2 tablespoons molasses	2 eggs

Add sugar, syrup, butter, molasses, ginger, cinnamon and salt to pumpkin. Add egg yolks slightly beaten. Add milk and mix thoroughly. Fold in stiffly beaten egg whites. Bake in uncooked pastry crust in moderate oven until set.

PASTRY FOR MINCE PIE

3 ¼ cups flour	3 oz. butter
2 tsp. baking powder	1 tsp. fine sugar
¼ tsp. salt	1 egg, well beaten
4 oz. lard	Very little milk

Sift flour, salt and baking powder together. Rub lard into flour with finger tips. Melt the butter and sugar and mix with a very little milk. Add beaten egg and beat all together. Pour this mixture on the flour and mix well to a very stiff paste. More milk may be added if necessary. The pastry is then ready to roll out for use.

Mrs. H. Demco, Edmonton.

MILLIONAIRE'S PIE

20 Graham wafers	⅓ cup sugar
½ cup butter (melted)	⅓ tsp. cinnamon

Save one half cup of this mixture, using the rest to line a greased pie plate.

Filling

2 cups milk	2 tbsp. corn starch
½ cup sugar	½ tsp. vanilla
3 egg yolks	

Cook in double boiler. Spread over filling a meringue consisting of 3 egg whites combined with ½ cup sugar. Sprinkle the half cup of mixture on top of meringue and bake in slow oven for 25 minutes until golden brown (325 deg. F.)

Mrs. A. Cooper, Edmonton.

LEMON CAKE PIE

2 tbsp. butter	2 eggs
1 cup sugar	1 ½ cups milk
4 tbsp. sifted flour	Juice and rind 1 lemon

Cream butter and sugar. Add flour then beaten egg yolks, milk and juice and rind of lemon. Fold in stiffly beaten egg whites. Pour into unbaked pie shell. Bake in moderate oven until firm—about 30 min.

Mrs. C. Chichloski, Edmonton.

SOUR CREAM PIE

$\frac{1}{2}$ cup sugar	3 egg yolks (leaving whites for top).
1 cup raisins	1 tsp. cinnamon
1 tsp. vanilla	
1 cup sour cream	

Boil in double boiler till thick.
1 baked pastry shell.

Mrs. A. Cooper, Edmonton.

HOT WATER PIE PASTRY

$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{4}$ cup boiling water
$\frac{1}{2}$ tsp. salt	

Cream shortening. Add boiling water and mix well. Add remaining ingredients. Let stand for few minutes. This amount is enough for one pie.

RHUBARB PIE

2 cups rhubarb, cut fine. Pour boiling water over this and let stand for 5 minutes. Then drain well.

Mix with rhubarb 2 egg yolks and 1 whole egg, 1 cup brown sugar with 2 tbsp. flour. Fill unbaked pie crust. When almost done beat 2 egg whites with 2 tbsp. sugar and spread over pie. Return to oven to brown.

Mrs. J. Korenda, Edmonton.

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Pickles

★ ★ ★ ★

BREAD AND BUTTER PICKLES

Slice but do not peel, 1 dozen large cucumbers. Sprinkle with salt. Allow to stand 1½ hours. Then drain. Add ½ doz. small onions, sliced and

1 tsp. mustard seed	½ tsp. powdered mace
1 tsp. powdered cinnamon	½ tsp. tumeric
1 tsp. ginger	1 cup sugar
1 tsp. salt	2 cups Heinz vinegar
½ tsp. pepper	

Put in a saucepan and simmer until tender. Seal in jars.

Miss Anne Simituk, Edmonton.

GREEN TOMATO RELISH

6 or 7 green tomatoes (med.)	1 bunch celery
6 onions (med.)	2 peppers (1 red, 1 green)
1 medium cabbage	

Put tomatoes and onions through chopper and drain in colander, while putting cabbage and celery through chopper. Put all in kettle and cover with Heinz vinegar. Boil 15 minutes. Then add 3 level cups white sugar, 2 tbsp. salt, 1 absp. tumeric, 1 cup flour, 2 tbsp. mustard. Mix with little water and cook all together for a few minutes. Then bottle.

Mrs. Olga Esaiw, Edmonton.

CHILI SAUCE

12 ripe tomatoes	1 tbsp. salt
1 red pepper	1 tsp. whole allspice
1 green pepper	1 tsp. cinnamon
1 large onion	1 tsp. ground nutmeg
2 cups Heinz vinegar	1 tsp. ginger
1 cup brown sugar	

Remove skins from tomatoes and chop up with peppers and onions. Add the vinegar and spices. Bring to a boil. Stir to prevent burning. Boil until sauce begins to thicken (about 1 hour). Pour the chili sauce into hot jars. Seal at once.

Miss Anne Simituk, Edmonton.

SWEET GHERKINS

Choose tiny cucumbers, not over 1½ inches. Wash well and soak in cold water over night. Next morning drain, pack in sterilized jars, cover with hot vinegar solution made of:

1 cup Heinz white vinegar	Rawleigh's mixed pickling
2 cups water	spice
½ cup sugar	

Seal and let jars stand 2 or 3 days in a warm place until they turn green again. Then drain vinegar off and boil well and pour over them again and seal hot.

Miss Anne Simituk, Edmonton.

DUTCH PICKLES

- | | |
|------------------------------|-----------------------------|
| 1 qt. chopped cucumbers | 1 qt. chopped cabbage |
| 1 qt. chopped green tomatoes | 1 qt. chopped cauliflower |
| 1 qt. chopped onion (large) | ¼ lb. red peppers (chopped) |

Sprinkle above with salt and cover with cold water. Let stand ½ hour, drain and squeeze well. Cook for 20 minutes in the following cooked dressing:

- | | |
|-------------------------------|----------------|
| 2 qts. Heinz white vinegar | 1 tsp. tumeric |
| 3 lbs. sugar (white or brown) | 1⅓ cups flour |
| 10 tsp. Keen's mustard | |

Use imperial measurements.

Mrs. Nellie Woytkiw, Manville.

McCRUM PICKLES

- | | |
|-------------------|----------------|
| 7 large cucumbers | 5 large onions |
|-------------------|----------------|

Put this through chopper, sprinkle with salt and let stand a few hours. Drain and add:

- | | |
|----------------------|--------------------------------|
| 3 cups Heinz vinegar | ¾ tsp. tumeric powder |
| 1 cup water | 1 tsp. each mustard seed, cel- |
| ½ cup flour | ery seed, ground ginger. |
| 3 cups white sugar | |

Boil all this 15 minutes. Seal while still hot.

Mrs. F. Pshyk, Innisfree.

WINTER DILL PICKLES

Pick cucumbers of medium size. Wash, wipe and dry well. Pack into sterilized jars. Add a handful of dill. Mix 1 gallon water with 2 cups Heinz vinegar and 1 cup salt. Heat this until the salt is entirely dissolved. Then let cool. When perfectly cold pour over cucumbers, filling the jars full. Place jars in boiler filled with water. Let heat slowly. Do not let the water boil, just bubble a little. Take them out and seal tightly. Store in cool place.

Mrs. L. Strilchuk, Round Hill.

PICKLED BEETS

Select young, tender and sound beets. Wash in cold water. Leave one inch of top on beet. Boil in salted water until tender. Dip in cold water and slip off the skin. Pack into clean sterilized jars. Prepare the following mixture. To one half cup of water add ½ teaspoon salt, 1 tablespoon whole spice, ½ teaspoon sugar and ¾ cup Heinz vinegar. Tie spice in cloth bag. Heat vinegar and spices. Boil gently for 10 minutes. Remove spice bag and pour hot liquid over beets. Seal at once. This recipe makes one quart of pickled beets.

Mrs. P. J. Baron, Edmonton.

RED TOMATO PICKLE

- | | |
|-------------------------|-----------------------|
| 30 ripe tomatoes | 2½ cups Heinz vinegar |
| 6 large onions | 6 peaches |
| 2 red peppers, cut fine | 6 large pears |
| ¼ tsp. red pepper | 2 tsp. salt |

Peel tomatoes. Chop fruit. Boil all slowly for 2 hours. Apples may also be used. Put into jars and seal.

Mrs. M. Luchkovich, Edmonton.

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GREEN TOMATO PICKLE (Sweet)

12 lbs. green tomatoes	1 tsp. cloves
1 head celery	2 lbs. sugar
4 apples	1 tsp. cinnamon and 1 tsp. all-spice
2 lb. onions	
4 peppers	

Cut tomatoes, sprinkle with salt, and let stand overnight. Drain. Chop all ingredients fine. Cover with Heinz vinegar and cook slowly until tender. Put in jars and seal.

Mrs. M. Luchlovich, Edmonton.

PICKLED CABBAGE

Chop 3 large heads of cabbage fine. Pour salted boiling water over cabbage and leave it over night. Drain well. Add:

$\frac{1}{2}$ oz. celery seed	1 $\frac{1}{2}$ qts. Heinz vinegar
$\frac{1}{2}$ oz. tumeric	6 cups sugar
2 tbsp. flour	$\frac{1}{2}$ small tin mustard

Boil all together for about 20 minutes. This will make 1 gallon of pickles.

Mrs. J. Baron, Edmonton.

RELISH

2 qts. onions	2 qts. cauliflower
1 qt. cucumbers	

Chop fine and let stand over night in salt and hot water putting vegetables separately and using about 1 cup of salt.

4 green peppers	$\frac{2}{3}$ cup mustard
1 oz. curry powder	1 qt. Heinz vinegar
1 oz. tumeric	

Mix and boil this. Add 1 oz. mustard seed and 1 oz. celery seed. The sauce is cooked half hour. Then add ingredients and let simmer for half hour.

Mrs. M. Basarab, Edmonton.

RHUBARB RELISH

1 qt. rhubarb (small pieces)	1 tsp. allspice
1 qt. onions (chopped)	$\frac{1}{2}$ tsp. cloves
1 pt. Heinz vinegar	2 tsp. salt
2 lbs. brown sugar	$\frac{1}{2}$ tsp. pepper
1 tsp. cinnamon	

Boil all together until thick.

Mrs. J. Baron, Edmonton.

INDIAN RELISH

12 apples	9 onions
12 tomatoes	Celery

Chop all vegetables into fine cubes. Boil above in 1 quart Heinz vinegar to which $\frac{1}{2}$ cup salt was added. When tender add 4 cups brown sugar and 1 tsp. each of mustard, ginger, pepper, cassia. Boil all this for 4 minutes more. Add 1 heaping teaspoon flour and cook a little more.

Mrs. W. Sereda, Edmonton.

CUCUMBER RELISH

- | | |
|---------------------|----------------------------|
| 1 dozen cucumbers | 1 lb. brown sugar |
| 2 qts. small onions | 1 qt. Heinz vinegar |
| 3 red peppers | 1½ tsp. white mustard seed |
| 2 tbsp. salt | 1 tsp. tumeric powder |

Peel onions and slice cucumbers. Chop onions and red peppers finely. Let them all stand 1 hour. Sprinkle well with salt. Drain and put through food chopper.

Boil vinegar, sugar, tumeric and mustard seed. Then add chopped mixture and cook 45 minutes or until tender. Pour into sterilized jars and seal.

Mrs. P. Swistowich, Edmonton.

MUSTARD PICKLES

- | | |
|-----------------------------|------------------------|
| 1 qt. Heinz vinegar (white) | 1 qt. ground cucumber |
| 1 qt. ground cauliflower | 1 pt. ground onions |
| 1 pt. diced tomatoes | 3 cups white sugar |
| 5 tbsp. flour | 1 tsp. turmeric powder |
| ⅓ cup salt | ½ tsp. cloves |
| ½ tsp. allspice | 1½ tbsp. mustard |

Put cucumber, cauliflower and onions in vinegar and sugar. Add salt and spices and cook slowly.

Mix flour and mustard with water and add to above cooked ingredients. Add tomatoes just before it thickens and let simmer about ten minutes after thickening. Seal in jars.

Mrs. George Langley, Wildwood.

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CANNED TOMATOES

Take any amount of ripe tomatoes desired. Blanch until skins loosen. Cold dip—remove the skins and hard cores. Cook 30 minutes. Press through a sieve and pack into sterilized hot jars. Add 1 level teaspoon salt to each quart of pulp and partly seal. Process 30 minutes in steam bath. Remove from canner and seal immediately.

Mrs. M. Sawchukiewich, Edmontoon.

SAUER KRAUT

Shred enough cabbage to fill an 8 gallon crock. Fill part of crock with the shredded cabbage and chopped onion. (About one dozen medium sized onions are sufficient.) Sprinkle alternately with the cabbage 4 cups of sugar, 3 cups of salt and two tablespoons pepper. When the crock has been filled, mix 3 cups Heinz vinegar with 2 quarts water and pour over the cabbage. Keep in a warm place for about 8 days.

Mrs. J. Baron, Mundare.

GREEN TOMATO OLIVES

Pare small tomatoes and bring them to a boiling point for two minutes—then make a syrup of 2 cups Heinz vinegar and 3 cups brown sugar. Let it boil with some mixed spice for five minutes. Put the boiled tomatoes into sealers and pour the syrup over and seal tight.

Mrs. John Maciborsky, Falun.

CUCUMBER RELISH

1 qt. chopped cucumbers	1 qt. chopped onions
1 qt. chopped cabbage	½ cup salt
1 qt. chopped celery	

Method: Do not peel the cucumbers, and be sure to chop all the vegetables fine. Place them in a bowl and sprinkle with salt. Let stand over night and let drain thoroughly. Meanwhile prepare the following dressing:

4 cups Heinz vinegar	2 green peppers (chopped)
6 cups sugar	⅔ cup flour
4 tbsps. turmeric	1 cup cold Heinz vinegar
2 tbsps. celery seed	2 tbsps. mustard seed
2 sweet red peppers (chopped)	

Mix the sugar and vinegar. Heat to boiling point. Meanwhile dissolve the flour and turmeric in the cup of cold vinegar. Add a little of hot vinegar to this and mix well. Then turn this back into the rest of the hot vinegar. Add celery and mustard seed, chopped peppers and well drained vegetables. Boil for 10 minutes and seal in sterilized jars while hot.

Mrs. E. Skwarok, Edmonton.

PICKLED ONIONS

Peel small white onions of even size. Cover with a strong brine of 1 cup salt to 2 quarts boiling water and let stand two days. Drain. Cover with boiling water, let stand 10 minutes; drain. Pack into jars. To every gallon of onions use about 1 quart Heinz vinegar, ¼ cup sugar and 1 to 8 tablespoons mixed pickling spice. Scald ingredients. Fill jars with liquid and seal.

Mrs. J. Baron, Edmonton.

STRING BEAN PICKLES

8 qts. beans.

Cook until tender with salt, then drain well. Make the following dressing:

$\frac{3}{4}$ cup mustard
1 tsp. turmeric
6 cups sugar

1 cup flour
2 heaping tsp. celery seed
3 qts. Heinz vinegar

Cook until this thickens then pour over beans and cook 5 minutes longer. Seal real hot in sterilized jars.

Mrs. J. Hukalo, Edmonton.

GREEN TOMATO RELISH

2 lbs. chopped green tomatoes
 $\frac{1}{2}$ cup sugar
1 tsp. salt
1 tsp. cloves

1 onion chopped
2 tsp. pepper
 $\frac{1}{2}$ cup hot Heinz vinegar
2 tbsps. mustard seed

Mix vegetables, let stand one hour. Squeeze out the liquid, add vinegar and sugar to which the seasoning has been added. Cook 10 minutes. Pour into clean hot jars and seal. Place spice into bag.

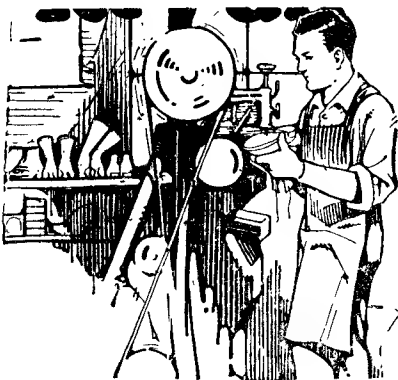
Jenny Tkachyk, Hallow Lake.

DRESSING

Mix 1 cup sugar, 2 tbsps. flour and 2 tsp. mustard. Add $\frac{1}{2}$ cup Heinz vinegar, 1 cup sour or sweet cream and 3 eggs well beaten. Boil until thick. Mix with ground tomatoes etc. Boil together for a few minutes and seal.

Mrs. Helen Sokalosky, Vegreville.

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CUCUMBER PICKLES

6 large cucumbers, peeled and sliced 7 onion, sliced thinly

Cover cucumbers and onions with salt—let stand overnight, then drain.

Boil together the following ingredients and when cold pour over cucumbers and onions:

1 pt. white Heinz vinegar	2 tsp. mustard
little cayenne pepper	1 tsp. cornstarch
1 tsp. tumeric	½ cup white sugar

Fill sterilized pars and seal.

Mrs. J. Hukalo, Edmonton.

TOMATO RELISH

1 tin tomatoes	¼ tsp. cayenne
1 small cup sugar	2 apples
1 cup Heinz vinegar	celery, a few stalks (not necessary)
1 tsp. salt	
1 tsp. mixed spice	

Chop apples and onions very small. Put in the rest of the ingredients and cook for three quarters of an hour. Fill sterile jars and seal.

Mrs. A. Cooper, Edmonton.

SWISS CHARD PICKLES

Wash and cut 5 quarts Swiss chard. Sprinkle with salt. Let stand one hour. Then drain and cover with white Heinz vinegar. To this add 4 cups white sugar; 2 tbsp. celery seed; 3 tbsp. mustard seed; 12 onions chopped fine. Cook until tender. Thicken with following dressing: ½ cup corn starch moistened with water; 1 tbsp. tumeric; 1 tbsp. curry powder; 2 tbsp. mustard. After adding this dressing boil 15 minutes. Put in jars and seal.

Mrs. J. Hukalo, Edmonton.

CUCUMBER OLIVES

1 pt. water	1 cup sugar
¼ cup salt	1 pt. Heinz white wine vinegar
1 oz. mustard seed	

Stir above brine until dissolved. Take cucumbers and cut in small pieces the size of a walnut. Soak overnight in ice water. Drain thoroughly. Put in sterilized sealers and pour brine over cold. Seal.

Mrs. A. Cooper, Edmonton.

ICICLE PICKLES

Peel in quarters, lengthwise, good sized cucumbers. Soak 4 hours in water and ice. Drain well. Pack in jars, putting one onion in each jar. Pour over the following syrup, boiling hot:

3 cups Heinz vinegar	1 cup water
1 cup sugar	1 tsp. powdered alum
½ cup salt	1 tsp. celery seed
1 tsp. mustard seed	

Mrs. A. Cooper, Edmonton.

MILLION DOLLAR PICKLES

- | | |
|---|---------------|
| 1½ qts. cucumbers (chopped
but not peeled) | 1 qt. cabbage |
| 1 qt. onions | 1 qt. celery |

Chop all fine. Let stand overnight with $\frac{2}{3}$ cup salt. In morning drain well and scald and put following dressing:

- | | |
|-----------------------------|---------------------|
| 3 cups Heinz vinegar (malt) | 1 tbsp. turmeric |
| 2 cups white sugar | 1 tbsp. celery seed |
| 1 tbsp. mustard | 1 cup flour |

Boil altogether until thick. Pour over pickles. Pack in jars and seal while hot.

Mrs. S. Nikiforik, Vegreville.

CHILI SAUCE

- | | |
|--|--------------------------|
| 15 choice red medium sized to-
matoes | 3 choice peaches |
| 3 large onions | 3 choice pears |
| 2 hot red peppers | 1 tbsp. salt |
| 1 pt. white Heinz vinegar | 1 oz. whole mixed spices |
| | 2 cups fresh brown sugar |

Cut up tomatoes, chop onions, peaches and pears fairly fine. Chop peppers as finely as possible. Mix vinegar, salt and brown sugar. Then stir into fruits and vegetables. Add whole spices—tied loosely in a bag. Cook mixture for about 2½ hrs. in a large vessel, removing spice bag when mixture is spiced enough to suit taste. Stir frequently. Pour into sterilized jars and seal.

Mrs. J. Melnychuk, Edmonton.

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DILL RELISH

- | | |
|---|---|
| 1 pint green tomatoes ground
(drain juice) | 1 cup dilled cucumbers chop-
ped or ground without seeds |
| 2 green and 2 red peppers
ground | 2 tsp. salt |
| | 1 cup boiling water |

Mix all ingredients together and put through a strainer for 20 minutes to drain juices. Place in kettle and add salt and water and boil until soft.

NINE DAY PICKLES

4 qts. medium cukes or gherkins. Put in a brine for 3 days. Be sure to cut up cukes the size you want before you put them in brine. If you are using tiny cukes cut them with a small knife through the centre so the brine would get into them. Brine: 2 qts. water to $\frac{1}{2}$ cup salt.

Drain and put in fresh water for 3 days, changing water each day.

Simmer, but do not boil, 3 hours in weak Heinz vinegar with a piece of alum size of a walnut (1 pint vinegar and water to cover). Then drain.

Make the following syrup: 4 lbs. white sugar (8 cups); 3 pints white Heinz vinegar (6 cups); 1 oz. celery seed (2 tbsp.); 1 oz. allspice buds (1 tbsp.) 1 oz. cinnamon sticks (4 sticks). Tie all spices in a bag and boil. Pour over pickles. Then reheat syrup for 3 days and pour hot over pickles. Seal.

Mrs. H. Kostash, Smoky Lake.

CHOW CHOW PICKLES

- | | |
|---------------------------|-------------------------|
| 2 cups brown sugar | 2 qts. Heinz vinegar |
| $\frac{1}{2}$ cup mustard | 8 or 9 qts. cucumbers |
| $1\frac{1}{2}$ cups flour | cauliflower, onions and |
| 1 tbsp. turmeric | beans, mixed |
| 3 tbsp. salt | |

Prepare all vegetables in evening separately and salt a little. In morning strain juices from vegetables and pour boiling water over them several times and drain.

When vinegar is boiling with sugar and salt, add cauliflower and onions. Let boil for 10 minutes. Then put in cucumbers. Let all vegetables boil until you think they are soft enough and then strain. Mix mustard, flour and turmeric in cold vinegar. When mixture is smooth pour into boiling vinegar in which vegetables have boiled. Make sure mixture is boiling before pouring mustard etc. Let boil for 5 or 10 minutes. Stir until thick. Then put in vegetables and let boil about 5 minutes. Seal.

Mrs. K. Barchyn, Edmonton.

GREEN TOMATO RELISH

- | | |
|-----------------------------|---------------------------------|
| 4 qts. green tomatoes | 2 tbsp. white mustard seed |
| 2 bunches celery or more | $\frac{1}{2}$ tbsp. celery seed |
| 3 red peppers | $\frac{1}{2}$ tbsp. turmeric |
| 12 onions | 5 cups brown or white sugar |
| Dice above vegetables fine. | 5 tsp. salt |
| | $\frac{1}{2}$ qt. Heinz vinegar |

Boil for one hour. Then seal in jars.

Mrs. M. A. Prokopchuk, Edmonton.

G. ANGEL

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SWEET MUSTARD PICKLES

- | | |
|---------------------|----------------|
| 3 qts. small onions | 1 bunch celery |
| 2 qts. cucumbers | 3 red peppers |
| 2 heads cauliflower | |

Soak vegetables separately in salty water over night. (Not red peppers).

Sauce

- | | |
|---------------------|-----------------------------------|
| 4 cups brown sugar | $\frac{1}{2}$ cup flour |
| 2 tbsp. tumeric | 6 tbsp. mustard |
| 3 tbsp. celery seed | $1\frac{1}{2}$ qts. Heinz vinegar |
| 1 tsp. paprika | |

Mix sugar, flour, turmeric, mustard, celery seed and paprika in some cold vinegar. Bring rest of the vinegar to a boil. Add the paste. Boil until there is no taste of flour. Drain vegetables very well and add to sauce. Add red peppers which have been cut finely, removing seeds. Bring to boil and seal in sterilized jars.

Mrs. J. Melnychuk, Edmonton.

SANDWICH SPREAD

- | | |
|---------------------------|-----------------|
| 14 medium sized cucumbers | 2 red peppers |
| 6 large onions | 2 green peppers |

Peel cucumbers, clean onions and peppers. Put through chopper. Sprinkle with salt and let stand over night. Drain well in the morning.

Dressing

- | | |
|---------------------|---------------|
| 1 cup Heinz vinegar | 1 cup sugar |
| 1 cup water | 1 tbsp. salt. |

Bring to a boil. Beat well four eggs. Pour them over the above mixture. Stir well. Mix $\frac{1}{2}$ cup flour, 1 tbsp. mustard. Dissolve with cold water and add to the other mixture. Return to the stove. Add $\frac{1}{2}$ cup butter, 1 cup sweet cream. Cook until thick (medium) and pour into the above vegetables. Cook for 1 hour slowly. Seal hot.

Mrs. W. Esaiw, Goodeve, Sask

BARBACUE SAUCE

Take 1 medium sized cauliflower, six 6-inch cucumbers (unpeeled but with seeds removed). Put cauliflower and cucumbers through coarse knife of meat chopper and sprinkle with one third cup salt and 4 cups of water.

Let this stand overnight and in the morning drain well. Put through the meat chopper 4 large onions, 2 large seeded green peppers and 1 hot red pepper (seeded), 10 apples peeled and cored.

To this add:

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|---|------------------------------|
| 8 cups brown sugar | 1 pint scalded cider vinegar |
| $2\frac{1}{2}$ tbsp. white mustard seed | (Heinz) |

Add the cucumbers and cauliflower mixture and bring all to a boil.

Mix together $\frac{1}{2}$ cup flour and $2\frac{1}{2}$ tbsp. turmeric to a paste with another pint of cider vinegar—adding the vinegar slowly. When smooth add this to boiling mixture and continue to boil for 30 minutes or more—stirring often.

Pour into sterile jars and seal.

Mrs. S. Dembiske, Edmonton.

Sandwiches

★ ★ ★ ★

CHECKER BOARD SANDWICHES

Cut 3 thick slices of white and 3 of whole wheat bread $\frac{3}{4}$ inch thickness. Spread with cheese or other sandwich filling and pile slices on top of one another alternately white and whole wheat bread slices.

Chill under pressure. When firm, trim evenly and slice in $\frac{3}{4}$ inch slices. Spread again with filling and rearrange slices on top of one another so that the brown slices alternate with the white. Again cool under pressure and when firm cut in thin slices.

Mrs. J. H. Koziak, St. Michael.

LEMON CHEESE—Good for bread spread or tarts

6 eggs

$\frac{1}{4}$ lb. butter

2 cups sugar

3 lemons, juice and rind

Cream butter, add sugar slowly. Add 6 eggs well beaten; lastly lemon juice and rind. Simmer but do not boil.

Mrs. H. Demco, Edmonton.

SANDWICH SPREAD

Take some baloney; put through mincer. To this mince a small onion, any kind of pickle. Mix thoroughly. Add enough salad dressing for right consistency to spread easily. Salt and pepper to taste. Is very economical and delicious.

Mrs. M. Sawchukievich, Edmonton.

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Jams and Marmalades

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RHUBARD MARMALADE

Wash, wipe and peel rhubarb and chop fine to fill 6 large cups. Put in a saucepan and pour over it 6 cups sugar. Allow to stand 3 hours. Then add 2 cups figs chopped fine and 3 medium sized pieces of preserved ginger minced fine. Cook very slowly until mixture becomes thick. Seal in sterilized jars.

Mrs. E. Skwarok, Edmonton.

BLACK CURRANT PRESERVES

1 cup water	2 cups berries
4 cups sugar	

Boil sugar and water, skim and add berries. Let all come to a boil. Do not cook berries or you'll make them hard.

Mrs. P. J. Baron, Edmonton.

HARLEQUIN CONSERVE

12 peaches	$\frac{1}{2}$ orange sliced
12 slices pineapple	$\frac{1}{4}$ lb. blanched almonds
5 red plums	

Prepare fruit removing pits. Combine together and measure. To each cup of fruit use $\frac{3}{4}$ cup sugar. Boil 20 minutes stirring constantly. Add nuts and boil until thickened. Pour into sterilized jars. Seal.

Mrs. M. Luchkovich, Edmonton.

VEGETABLE MARROW MARMALADE

1 vegetable marrow	8 lemons
10 oranges	

Cook until thick. Add 6 cups sugar. Cover and let simmer for 1 hour.

Mrs. J. Baron, Edmonton.

GREEN TOMATO JAM

2 qts. green tomatoes	3 oranges
1 qt. sugar	3 lemons

Slice oranges and lemons and tomatoes very fine. Boil slowly 3 to 4 hours until dark yellow in color.

Mrs. Skwarok, Edmonton.

CRABAPPLE JELLY

Cut apples in four pieces. Add cold water to come nearly to top of apples. Cook until apples are soft. Mash and drain through cheese cloth. Avoid squeezing. Boil the juice 20 minutes. Add $\frac{3}{4}$ cup heated sugar to 1 cup apple liquid. Boil 5 minutes more and skim, or boil until when tried in cold water the jelly thickens.

Mrs. G. Skwarok, Edmonton.

VEGETABLE MARROW MARMALADE

12 cups ground marrow	6 lemons
10 cups of sugar	1 ½ cups of water
6 oranges	

Put marrow through grinder and place in pot to cook, together with 1 ½ cups of water, for about half an hour. Then put oranges and lemons through grinder and add to the marrow, juice and peels, and sugar and cook for 1 ½ hours longer or until it thickens. Stir often, especially towards the last hour of cooking. Pour in hot sterilized jars and seal.

Mrs. H. Demco, Edmonton.

RHUBARB CONSERVE

Wash and cut up 10 cups of rhubarb; add 9 cups of sugar, juice of 2 lemons and 4 oranges, 1 cup of nuts (almonds or walnuts). Then put the peels of oranges and lemons through grinder. Cover with cold water, bring to a boil and drain (do this 3 times) it takes the bitterness away. Then add the peels to the top mixture and cook 45 minutes or until thick. Pour in hot sterilized jars and seal.

Mrs. H. Demco, Edmonton.

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Canning

BLUEBERRIES FOR WINTER USE

Wash berries and pack in sterilized jars, draining all water from berries. Cover and boil for 20 minutes. If used for pies add sugar to taste and few drops of lemon juice.

CANNED PORK AND BEANS

10 lbs. beans	2 cans tomato catsup
1 ¼ cup brown sugar	¼ tsp. mustard to each quart
2 tbsp. molasses	3 tbsp. salt
4 cans tomato soup	1 tsp. pepper

Soak beans overnight in soft water. Cook until skin breaks but do not let them get mushy. Put in a big crock or pan with the water they cooked in and add the other ingredients. Put a good piece of pork in each sealer along with the beans, and process for 4 hours. This amount makes 16 qts. I put a little more pork than recipe calls for.

Mrs. G. Skwarok, Edmonton.

TO CAN PEAS QUICKLY

1 qt. hot water	¼ cup salt
½ cup sugar	

Boil above ingredients fast for 5 minutes. Then add 10 cups peas and boil 5 minutes more and seal. Ready for use at any time and will keep 2 years done this way.

Mrs. J. Kolmatycki, Innisfree.

CANNED MUSHROOMS

Cut mushrooms into small pieces and pack in sealers. Seal and boil for about 3 hours. Any type of mushroom can be canned in this way. When ready to use, fry onions in butter, add sour cream then add sealer of mushrooms.

Mrs. J. Baron, Edmonton.

CANNING BEEF

Select fresh beef. Wipe with damp cloth, cut in pieces. Pack in sterilized jars, also a small piece of suet. Add 1 tsp. salt, ½ tsp. pepper and a little water to each quart. Wipe edge of jar with clean cloth. Place sterilized rubber and cover in position and partially seal. Process 4 hours.

Mrs. J. Baron, Edmonton.

CANNED CHICKEN

Kill chicken night before. Wash and hang up to dry by the feet. Next morning cut up in pieces, salt and pepper to taste. Pack tight in sealers and put 3 whole peppers on top and seal. Boil 3 hours. The sealer has a full jar of juice. A little sage may be added if desired.

Mrs. M. Zenko, Vegreville.

CANNED WHITE FISH

Clean fish thoroughly, wash and cut into medium sized pieces. Place into sealers. Pour alternately with the fish Mazola oil and ½ tsp. celery seed. (About 3 tbsp. oil to 1 qt. sealer.) Cook 2 to 2 ½ hours.

Mrs. J. Baron, Edmonton.

CANNING SALMON

Cut fresh salmon into small pieces and remove bones. Pack into sealers and put in 1 level tsp. salt. Add a few mixed spices. Pack salmon pieces tightly and tighten quart sealer tops. (Have new rubbers.) Put in a boiler of cold water and boil for 5 hours. Tighten sealer tops on removing from boiler. This will stay preserved for 1 year or more.

Mrs. W. Smolyk, Edmonton.

CANNING CHICKEN

Clean and draw chicken. Wash carefully. Place in a large piece of cheesecloth. Place in small quantity of boiling water and let cook from 20 to 30 minutes. Remove from kettle. Separate meat from bones and pack in hot sterilized jars, placing largest pieces to the outside of the jar. Put bones back in kettle and reduce the liquid to one half by boiling. Add 1 tsp. salt, $\frac{1}{2}$ tsp. white pepper to each quart jar and pour liquid over. Place sterilized rubber and top in position, partially screw down. Place jars on rack and process from $1\frac{1}{2}$ to 2 hours.

Mrs. J. Baron, Edmonton.

CANNING MUSHROOMS

Wash and skin if necessary. Boil 3 minutes in water to cover mushrooms. Drain and pack hot in sterilized jars. The mushrooms should not be packed very tight or very full. Cover with boiling water and add to each quart 1 tsp. salt. Cook $2\frac{1}{2}$ to 3 hours.

Mrs. M. Bociurko, Edmonton.

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War Time Recipes

* * * *

HONEY ORANGE BREAD

Grated rind 2 oranges, $\frac{1}{4}$ cup honey, $\frac{3}{4}$ cup water. Cook about 5 minutes or until slightly syrupy. Cool.

1 egg, $\frac{3}{4}$ cup honey, 3 tbsps. softened butter. Beat together.

3 cups flour, 4 tsp. baking powder, $\frac{1}{2}$ tsp. salt. Sifted together.

$\frac{3}{4}$ cup milk (added to the orange mixture).

Bake in 1-pound baking powder cans, filling them $\frac{1}{2}$ full. Makes five loaves. Temperature 350°F. May be baked in a large bread pan.

LIGHT CAKE (Corn Syrup)

2 cups cake flour

1 cup corn syrup

3 tsps. baking powder

2 eggs, well beaten

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ cup milk

$\frac{1}{2}$ cup shortening

1 tsp. vanilla

Cream shortening and corn syrup. Add eggs. Add milk alternately with sifted dry ingredients. Add flavoring. Bake in greased 8 inch square pan at 350°F. for 1 hour or in layers or cup cake pans at 375°F. for 20 to 35 minutes.

Corn Syrup Frosting

1 egg white

$\frac{1}{3}$ cup corn syrup

Beat egg white until stiff but not dry. Add corn syrup and beat again until mixture will hold its shape when spread on cake. May be flavored with mapleine.

HONEY LEMON CAKE

$\frac{1}{2}$ cup butter

2 cups flour

$\frac{1}{2}$ cup sugar

2 tsps. baking powder

$\frac{1}{2}$ cup honey

1 tsp. cinnamon

2 eggs

$\frac{1}{4}$ tsp. salt

3 tbsps. grated lemon rind

$\frac{1}{2}$ cup milk

Cream butter and sugar together. Add honey and combine. Add eggs one at a time, beating well after each addition. Add the lemon rind. Sift flour, measure and sift with dry ingredients. Add sifted dry ingredients alternately with milk, beating only enough to combine. Bake in an oiled 8x8 inch pan, at 350°F. for 40 to 45 minutes.

Frost with Honey Boiled Icing.

Honey Boiled Icing

1 cup honey

$\frac{1}{2}$ tsp. vanilla

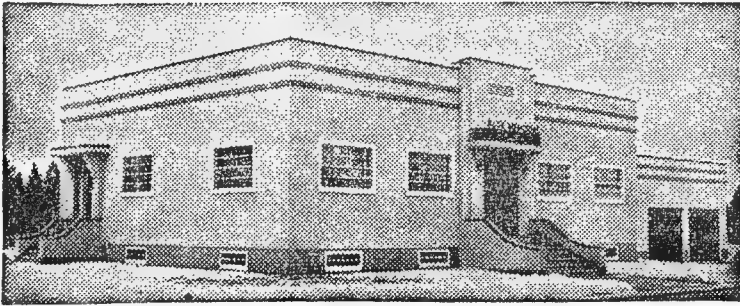
2 egg whites

$\frac{1}{8}$ tsp. salt

Boil honey 240°F. (firm ball stage). Pour slowly over stiffly beaten egg whites, beating constantly. Add salt and vanilla and beat until cool and thick enough to spread. Yield: Sufficient for filling, top and sides of a 9 inch layer cake.

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CANADA'S WAR FRUIT CAKE

- | | |
|---|---|
| 1 $\frac{3}{4}$ cups brown sugar, firmly packed | 1 $\frac{1}{4}$ lbs. dark seeded raisins, cut with scissors |
| $\frac{1}{4}$ cup dark molasses | 1 tsp. cinnamon |
| 1 cup boiling water | 1 tsp. cloves |
| $\frac{1}{2}$ cup unsweetened fruit juice | $\frac{1}{2}$ tsp. mace |
| 3 tbsps. good shortening | $\frac{1}{2}$ tsp. nutmeg |
| 1 $\frac{1}{2}$ tsps. salt | |

Boil all the above ingredients for 5 minutes from the time they begin to boil. Cool well.

When cold, add the following ingredients, mixed together thoroughly: $\frac{1}{4}$ lb. very thinly shredded citron peel, $\frac{1}{2}$ cup finely chopped preserved ginger (optional), 3 cups all-purpose flour.

Add to boiled mixture. Add 1 tsp. baking soda dissolved in 1 tsp. boiling water and 2 tsps. desired flavoring. Combine all well together. Line 2 round tins or 2 medium-sized loaf pans with three thicknesses of brown paper, grease layer next to cake well. Bake at 352°F. for 1 hour and 30 minutes.

Note—If preserved ginger is used in cake, ginger syrup may be substituted for fruit juice. If this is done, reduce sugar to 1 $\frac{1}{2}$ cups. Left over strong coffee may be substituted for hot water. Ten drops oil of lemon and a few nuts also add to the flavor.

SCOTCH OAT CAKES

- | | |
|--|--|
| 1 cup flour | $\frac{1}{2}$ cup dripping or shortening, melted |
| 4 cups fine oatmeal or rolled oats, sifted | 1 tsp. soda dissolved in hot water |
| Pinch of salt | |

Mix ingredients together and keep warm while rolling out. Roll thin, cut in triangles, bake in moderate oven.

JELLY MACAROONS

- | | |
|--------------------------|-------------------------|
| 1 egg white | $\frac{1}{3}$ tsp. salt |
| $\frac{1}{2}$ cup jelly | 1 tbsps. cornstarch |
| 2 cups shredded cocoanut | |

Place egg white, jelly, cornstarch and salt in upper part of double boiler. Beat with rotary beater to combine, then beat steadily over boiling water until the mixture will stand in peaks. Remove from heat and fold in cocoanut. Drop by teaspoonfuls 1 inch apart, on greased pan. Bake in a moderate oven 300°F. about 30 minutes. Remove from pan with a greased knife.

STUFFED DATE COCOANUT MERINGUES

- | | |
|-----------------|-------------------------|
| 15 pitted dates | $\frac{1}{3}$ tsp. salt |
| Cream cheese | 3 tbsps. sugar |
| 1 egg white | Shredded cocoanut |

Stuff dates with softened cheese. Make meringues of egg whites, salt and sugar. Dip stuffed dates in meringue and then in cocoanut. Bake on a sheet dusted with cornstarch. Bake at 300°F. for 20 minutes.

MINUTE COOKIES

- | | |
|--|--|
| $\frac{1}{4}$ lb. sweet milk chocolate | Chopped nuts or shredded cocoanut— $\frac{1}{4}$ cup |
| 1 cup toasted coarse bread crumbs | Pinch of salt |

Melt chocolate in double boiler over hot water. Add remaining ingredients, combine well and drop by spoonful on greased cookie sheet. Let stand until set, in cool place. Makes about 8.

HONEY GINGERNUTS

1½ cups flour	½ cup strained honey
1½ tsps. baking powder	½ cup sugar
¼ tsp. salt	½ cup melted butter
1½ tsps. ginger	1 egg
½ cup chopped nuts	

Sift flour, measure and sift twice with baking powder, salt and ginger. Lightly mix in the chopped nuts. Mix honey, sugar, melted butter and beaten egg. Stir liquid ingredients into the dry, adding more flour if necessary, to make a batter of right consistency to drop from spoon on a greased cooky sheet. Bake in a moderately hot oven 400°F. for 10 minutes.

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Beverages**HOME MADE COFFEE**

2 cups bran	⅓ cup molasses
⅔ cups corn meal	½ cup hot water

Mix thoroughly. Roast evenly in hot oven until very dark. Keep mixing while roasting.

Mrs. F. Pshyk, Innisfree.

VITALITY DRINK

Juice of 1 orange	1 tablespoon of honey
1 egg yolk, beaten	

Mix well.

Mrs. H. Demco, Edmonton.

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National Recipes

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PYROHY (A sort of filled dumpling)

1 cup flour
 $\frac{3}{4}$ cup lukewarm water

Pinch salt

Sift flour and salt and add enough lukewarm water to make a fairly soft dough. It should be about like bread dough. Let it stand covered in a warm place for about 10 minutes, then roll out thin as pie crust.

Cut into small squares, about $1\frac{1}{2}$ or 2 inches, and place a little of the filling on each. Fold over like a triangle and pinch the edges well together. Drop into boiling salted water and boil steadily for 4 or 5 minutes. Serve sprinkled with buttered bread crumbs or sour cream.

Filling for Pyrohy

$\frac{1}{2}$ lb. dry cottage cheese
 1 egg

salt and pepper

Try to get the uncreamed cheese for this. Mix it with the beaten egg and season with salt and pepper. Place small spoonful of this on each square of the dough. Another filling is potatoes, mashed fine and seasoned well with butter and grated cheese; or cabbage finely chopped and fried in butter.

NALYSNYKI

2 eggs
 8 tbsp. flour
 pinch salt

$1\frac{1}{2}$ cups milk
 1 tsp. sugar

Beat eggs and add the milk, flour sugar and salt. Beat very hard. Make batter very thin. Pour about 2 tbsp. of batter into small frying pan. Tilt pan back and forth until bottom is covered and bake until cake is browned. Turn out on plate and spread brown side with filling, roll up and place in a shallow pan. When all are baked, dot with butter and brown in a hot oven, or brown each one in hot melted butter in a frying pan.

Filling

$\frac{1}{2}$ lb. dry cottage cheese
 2 tbsp. sugar
 $\frac{1}{2}$ tsp. vanilla

Dash nutmeg and cloves
 Crushed nuts

Mix ingredients well and spread on pancakes as soon as they are baked. Reheat and serve immediately.

Mrs. Frank Montaine, Edmonton.

SPECIAL UKRAINIAN EASTER BUN

5 qts. warm flour sifted
 $1\frac{1}{2}$ qts. milk
 1 to 2 Fleischman's yeast
 30 egg yolks
 $1\frac{1}{2}$ lbs. sugar (3 cups)

1 lb. melted butter
 $\frac{1}{2}$ lb. raisins
 lemon rind
 vanilla

Sponge—Take half flour. Mix yeast and lukewarm milk. Let rise. Take egg yolks, beat until light colored, add sugar and salt. Knead half hour. Add melted butter—knead again half hour. Add raisins, vanilla, lemon rind. Knead extra well. Bake from 1 hour until done.

Mrs. M. Sawchukevich, Edmonton.

PERISHKE

½ cup butter
2 cups flour

½ cup good sour cream

Work together all the ingredients well. Chill thoroughly. Roll out a little at a time and cut into slices about 1 x 2 inches. Put in the following mixture:

6 apples
3 oranges (pulp and juice)
1 lemon (pulp and juice)

sugar to taste (should be quite sweet)

Cook in a heavy aluminum pot slowly until thickened. Then cool. Put a little in each rectangle. Pinch edges together lengthwise. Brush with egg white. Sprinkle with nuts. Bake in a hot oven.

Mrs. M. Luchkovich, Edmonton.

MUNDELEN—(Soup nuts) Jewish

½ cup flour (approx.)
2 tsp. cooking oil

¼ tsp. salt
2 eggs

Sift flour into a bowl with the salt. Add the beaten eggs and the oil. Mix this to a very soft dough, one that can just be handled. Best method is make a hole in the flour and drop eggs and oil into this and then mix as much of the flour as necessary. Then turn on pastry cloth and use remainder of flour to keep dough from sticking. Then roll dough with hands into a roll about as big as your little finger and with the scissors cut it into ½ inch lengths. Put cooking oil or shortening in saucepan and heat. Throw soup nuts into hot fat and fry for 5 to 10 minutes; until they are puffed up and well browned. These are delicious in soup and keep indefinitely.

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JELLIED PIGS FEET

2 pigs feet chopped in 3 pieces. 1 hock.

Singe off hairs, wash and scrape clean. Soak in cold water for ½ hour, then scrape again. Fill with fresh warm water to cover. Bring to rapid boil. Instead of scumming pour off all water and again rinse the pigs feet clean. Fill with warm water again and let simmer for 3 hours or until the bones come away loose from the meat. Do not add any water during cooking or the water will turn milky.

Slice a piece of clean unpeeled onion and burn on hot lid of stove and add this to the cooking pigs feet. Salt to taste.

When cooked remove bones and arrange meat in a deep bowl. To your juice add more salt if needed, a little pepper and one clove garlic crushed to pulp. Strain, and pour juice on meat and remove any excess fat. Put in cool place to jell.

Mrs. A. Kokolsky, Edmonton.

KOLACKY (Slovak Recipe) Nut Rolls

½ lb. butter	½ cup lukewarm milk
4 cups flour	4 eggs well beaten
2 yeast cakes	½ tsp. salt

Dissolve the yeast in the lukewarm milk. Sift the flour and salt and rub the butter into this. Then add the well beaten eggs and the yeast dissolved in the milk. Mix well. The dough is quite stiff, about like bread mixture. If it is a little too stiff add a very little more milk.

Work this into a ball and place it in the centre of a wet towel. Bring the towel up around the dough and tie it securely. Now drop this into a large pan of cool water, not cold, but cool to the touch. In a short time the dough will rise to the top of the water. Remove it and take it out of the towel. Sprinkle the pastry cloth with granulated sugar and roll the dough out on this until it is about ⅝ inch thick. Do not use any flour. Cut into pie shaped pieces. Place a spoonful of the filling on each and roll up, starting with the wide end.

Press the point of the piece of dough down well so that it won't pull away in baking and curve the rolls into a crescent shape. Bake on a greased cookie sheet for about 12 to 15 minutes in a moderately hot 375 deg. F. oven. These don't have to rise after they are rolled out and filled before being baked.

Filling

6 oz. walnuts	½ cup rolled oats
¾ cup sugar	½ tsp. cinnamon
1 tsp. vanilla	3 egg whites

Put the walnuts and the rolled oats through a nut mill or the food chopper. Add the sugar and the cinnamon and then fold in the stiffly beaten egg whites. Mix this well and use to fill the rolls.

RUSSIAN PERISHKE

6 eggs	1 pint milk, scalded
¼ lb. butter and ¼ cup ma-	cup potato juice
zola oil	1 tsp. salt
1 cup sugar	12 cups flour
3 fresh yeast cakes	

Rub sugar with yeast until it becomes liquidy. Then beat in eggs. Add remainder of ingredients and knead to a soft dough. Let rise. When double in bulk, knead down again.

Fry liver (calf) with onions and put through meat grinder. Salt and pepper to taste. Pinch dough and fill with liver. This dough can be used for doughnuts, cinnamon buns, etc.

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BABOVKA (Czek. Recipe)

1 cup lukewarm milk	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ cup sugar	4 eggs
1 cake yeast	grated rind 1 lemon
$1\frac{1}{2}$ cups flour	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ tsp. salt	blanched almonds
$\frac{1}{4}$ lb. butter	

Dissolve the yeast in the lukewarm milk. Add the sugar flour and salt and mix well. Set aside in a warm place to rise.

Cream the butter and sugar. Add the unbeaten eggs, one at a time beating hard after each addition. Add the grated lemon rind and the flour. When the first mixture is very light and spongy, add the second mixture to it. Work them well together. Add the almonds, blanched and shredded. Pour this batter into a well greased tube pan. Set aside for 1 hour in a warm place to rise again. Then bake in a moderate oven, 375 deg., for about 30 to 40 minutes.

DANISH COFFEE ROLLS

$\frac{3}{4}$ cake compressed yeast	$3\frac{1}{2}$ cups sifted flour
$\frac{3}{4}$ cup cream	$\frac{3}{4}$ cup granulated sugar
$\frac{3}{4}$ cup shortening	$1\frac{1}{2}$ tsp. cinnamon
3 eggs beaten thick	sliced blanched almonds
$\frac{1}{2}$ tsp. salt	

Crumble yeast into cream. Let stand until soft. Stir. Cream shortening, add eggs and combine well. Add to yeast mixture with salt. Mix in sufficient flour to make a soft dough. Knead lightly on slightly floured board or canvas, until smooth. Place in bowl, cover and chill 3 hours. Sprinkle half of sugar on canvas and turn out dough. Roll out and fold from top to bottom and left to right; repeat folding and rolling 3 times. Roll $\frac{1}{2}$ inch thick and cut in narrow strips; roll in remaining sugar mixed with cinnamon. Twist and shape. Let rise on greased pan at room temperature, $\frac{1}{2}$ hour. Sprinkle with almonds. Bake in moderate oven 350 deg. Garnish with jam or jelly. The rolled out dough may be folded lengthwise—then shaped as one large roll if preferred.

Mrs. J. Esaiw, Edmonton.

HUNGARIAN STRUDEL

3 cups flour	1 egg white (small egg)
1 cup warm water	pinch salt
1 tsp. shortening	

Mix flour, shortening, salt, egg white with warm water and mix for half hour. Divide dough in 2 parts and put on thickly floured canvass or work board. Cover with warm dish and leave for half an hour in warm place. Cover your table with table cloth and sprinkle a little flour on it. Grease your hands and try to stretch the dough in your hands. Then put it on floured table cloth and stretch as thin as possible, paper thin. Melt 2 tbsp. butter and 2 tbsp. shortening and sprinkle over the dough. Sprinkle chopped walnuts, 3 tbsp. sugar, little cinnamon, $\frac{1}{2}$ cup raisins and 1 apple sliced very thin. Cut off thick pieces that may be hanging on the bottom. Start rolling from the bottom with table cloth. Cut size of your pan and put to bake 3 or 4 together in very hot oven about 15 min. Before putting to bake sprinkle with butter and sugar.

Mrs. J. Korenda, Edmonton.

BORSCH (Ukrainian) Beet Soup

- | | |
|--|------------------------------|
| 1 medium beet | $\frac{1}{2}$ cup fresh peas |
| 1 small carrot | parsley |
| 1 onion | 1 lemon |
| $\frac{1}{2}$ cup chopped green string beans | sprig dill chopped fine |
| | 2 lbs. spare ribs |

Wash spare ribs, cut in small pieces and boil $\frac{1}{2}$ hour. Skum. Add chopped vegetables, salt to taste and 1 tbsp. lemon. When almost done add 1 cup chopped cabbage and add more lemon to taste. Cook until cabbage is tender.

Mix 3 tbsp. flour with $\frac{3}{4}$ cup milk. This should be consistency of sour cream. Add 1 cup cream, sour preferred, to milk mixture. Beat well. Pour beet stock gradually into cream mixture, stirring steadily. Pour this into soup. Let come to a boil, then serve.

Mrs. G. Swarok, Edmonton.

PERISHKI

- | | |
|--------------|--------------------|
| 3 egg yolks | 2 tsp. lemon juice |
| 2 cups flour | 1 tsp. vanilla |
| 1 cup butter | 2 tbsp. sour cream |

Mix butter and flour together. Beat eggs slightly. Add cream, vanilla and lemon juice. Beat this into the butter and flour mixture. Turn the mixture out onto a floured board. Shape into balls the size of a large marble. Chill overnight. The next day roll each marble into a square; the thickness of pie crust. In centre of each square place a teaspoon of jam and a walnut. Moisten edges and fold into a little turnover. Bake in moderate oven 350 to 375 deg. When baked place a spoonful of meringue on top of each turnover and decorate with another walnut. Bake in slow oven until meringue is a light brown.

Mrs. S. Nikiforik, Vegreville.

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HOLUPCHEE (Ukrainian)

- | | |
|--------------------------|--|
| 1 medium sized cabbage | 1 to 2 small onions |
| 1 lb. finely ground beef | 2 cups canned tomatoes or tomato juice |
| ½ lb. sausage meat | 1 cup sour cream |
| 1 cup rice | salt and pepper |
| 1 egg (optional) | |
| 2 tbsp. butter | |

Chop the onion finely and saute it in butter until slightly browned. Mix both meats with egg, salt and pepper (about 2 teaspoons salt, taste to see if it needs more). Add onions to mixture. Add 1 cup boiling water to washed rice and cook until rice takes up water. Combine rice with meat mixture. Mix well.

Cut the core from the cabbage and place it in boiling water to cover. Reduce heat so that water does not boil—merely simmers and let steam like this for 10 minutes tightly covered. Drain water, carefully pull off leaves and trim off the centre rib so that the leaf is pliable. Leaves may be cut in several pieces if smaller morsels are desired. Place about one dessertspoonful of meat mixture in centre of each leaf and roll. Lay plain side up in roaster in even rows, making double or triple layer if necessary. Cover with tomatoes and cream which have been heated together and bake at 300 deg. for 2½ to 3 hrs. NOTE: The tomatoes and cream, or just cream can be omitted, but it gives a nice rich sauce and added flavor. Strips of bacon and left over leaves may be substituted for tomatoes and cream.

Mrs. M. Sereda, Edmonton.

CABBAGE ROLL—Hungarian

- | | |
|--------------------------|--------------------------|
| 1 lb. pork, ground | 1 onion fried with bacon |
| 1 cup rice | 1 head fresh cabbage |
| salt and pepper to taste | |

Put boiling water over cabbage to soften leaves. Cut off centre stalk.

Mix uncooked rice which has been washed well with pork, onions, salt and pepper. If the cabbage leaves are large cut in half or in three parts. Line pot with bacon skins or cabbage which cannot be used for rolls. Put spoonful rice mixture to each roll. Spread evenly and roll. Lay them loose in pot as the rice has to expand. Pour over this 1 tin of tomatoes, little salt and boiling water to cover. Cook until they are done on top of stove or in oven for about 2 hours.

Mrs. J. Korenda, Edmonton.

HUNGARIAN HOPCHAK

- | | |
|--------------|----------------------|
| 3 egg whites | ½ lb. sugar or 1 cup |
|--------------|----------------------|

Mix egg whites and sugar with a spoon for about half an hour in one direction. Put drop of vinegar and beat until real stiff. Drop from a spoon on slightly floured pan and bake in a hot oven until they are brown. Don't put them too close together.

Mrs. J. Korenda, Edmonton.

COTTAGE CHEESE DUMPLINGS (Linywi Pyrohy)

Beat together 1 tbsp. butter and 4 egg yolks. Mix to this 1 lb. cottage cheese, which must be fresh and dry. Beat 4 egg whites and add to cheese mixture. Add 3 heaping tablespoons flour. Put mixture on floured bread board and roll out about half inch thick, cut in squares 2 x 2 inches. Boil in salted water 10 to 15 min. When cooked take out of water being very careful not to break them. Melt butter with fine bread crumbs and fry until brown and sprinkle over dumplings.

Mrs. Rosalia Lapchak, LaMacaza, LaBelle, Que.

Ukrainian Christmas Eve Dinner

★ ★ ★ ★

KOOTIA (Wheat Dish)

BORSCH

STUFFED JELLIED FISH, JELLIED FISH

HERRING DISH

HOLOPCHI, PYROHY, BEANS

KOLACHI

DRIED COOKED PEARS, UKRAINIAN FRUIT BARS

MIXED NUTS, CANDIES AND FRESH FRUIT

★ ★ ★ ★

KOOTIA

2 cups wheat
Honey

$\frac{1}{2}$ cup chopped nuts
 $\frac{3}{4}$ cup poppy seed

Pick out foreign grains from wheat kernels. Wash well. Put in pan and dry in oven $\frac{3}{4}$ hour at 250 deg. Stir occasionally. When dry put in sugar sack and beat with rolling pin to loosen skin off wheat. Wash thoroughly. Cook until tender, about 2 hours. Wash $\frac{3}{4}$ cup poppy seed. Then pour boiling water over seeds to cover and let stand 15 minutes. Drain. Grind poppy seed in food chopper using fine plate. Combine cooled wheat, poppy seed and nuts. Add honey to taste, about 2 cups. Half honey, half sugar may be used if preferred.

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BORSCH

- | | |
|-----------------------------|---------------------------|
| 4 medium sized red beets | 2 cups chopped mushrooms, |
| 1 small onion | (fresh) |
| 1 small parsley, diced fine | 2 cups tomato juice |
| 1 cup shredded cabbage | 2 tbsp. butter |
| 1 cup diced celery | |

Slice beets fine. Cover with cold water and cook for $\frac{1}{2}$ hour. Chop onion and parsley. Add to cooking beets, salt to taste and cook until vegetables are done. Add chopped celery and cabbage and boil 20 minutes. Add tomato juice and bring to boil.

Melt 2 tbsp. butter, add 2 tbsp. flour, let brown. Add 2 cups beet juice and mix well. Boil until smooth and add to borsch.

Boil separately mushrooms and onions for about 20 minutes. Pour juice into boiling beets. Brown chopped onion and chopped mushrooms in butter. Salt and pepper to taste. Prepare some dough as for pyrohy. Roll and cut into tiny squares. Put into squares some of the prepared mushrooms. Paste together as pyrohy. Cook in boiling water, serve a few in each bowl of borsch.

STUFFED JELLIED FISH

- | | |
|------------------------|--------------------|
| 3 lb. whole white fish | 1 cup bread crumbs |
| 2 large onions | salt and pepper |
| 1 egg | |

Scale and clean fish but do not slit down middle. Cut skin gently around head and bear down very slowly towards tail until whole skin is off. Remove all meat off bones. Chop meat finely and add finely chopped onions. Add egg and bread crumbs. Add salt and pepper to taste. Mix thoroughly. Stuff dressing into skin. Cut into 2 inch slices. Dip ends into flour. Invert salad plate on bottom of pot to prevent scorching. Place washed bones and cleaned head on top of plate. Arrange pieces of fish on top. Pour boiling water to cover. Salt water to taste. Simmer from $2\frac{1}{2}$ to 3 hours. Lift carefully pieces of fish into deep bowls and pour strained juice over fish. Set in cool place to jell.

JELLIED FISH

- | | |
|-------------|---------|
| 1 Jack fish | 1 onion |
| 1 Pickerel | salt |

Clean fishes and scale. Cut into 2 inch slices and arrange in bottom of pot. Salt to taste and add chopped onion. Cook cleaned heads with fish. Add boiling water to cover and boil about 1 hour. Put fish pieces in bowl and cover with strained juice. Set in cool place to jell.

CREAMED MUSHROOMS

- | | |
|------------------------|-----------------|
| 3 cups dried mushrooms | 1 clove garlic |
| 1 onion | salt and pepper |
| 1 bay leaf | |

Soak mushrooms over night. In the morning drain water, wash well, chop fine and add fresh water. Put to boil. Add onion, bay leaf and salt. Cook slowly from 5 to 6 hours. Melt 2 tbsp. butter add 2 tbsp. flour and brown. Add this to mushrooms. Chop garlic finely, add pinch salt and rub to pulp. Add to mushrooms. Cook and mix well.

HOLOPCHI

1 head sweet or sour cabbage	1 tbsp. salt
$\frac{2}{3}$ tbsp. butter	1 small onion
1 can tomato soup	1 cup rice
pepper	

Take head of cabbage, cut out core from centre, place cabbage in a container and pour boiling water over it. Cover, and after a few minutes remove the softened leaves, leaving the remainder to soften. Take each separate leaf and cut off the hard part so as to make it easier to roll together.

Slice the cabbage core and place in the bottom of the container in which the holubchi will be roasted.

Wash the rice thoroughly, place in 2 quart container half filled with water and cook for 3 minutes stirring constantly until cooked. Then strain, wash in cold water and place in a dish where it can be mixed easily. Place the butter or mazola in a pan, add chopped onion and leave it until brown. Add to the rice. Season. Mix well. Place a spoonful or more of this mixture into each individual cabbage leaf and roll, in a way so that the rice will not fall out. Place each holubech side by side in a pot and when filled, cover with a cabbage leaf. Then pour hot tomato soup, diluted with water, over the holubchi. Place in oven and bake for about $1\frac{1}{2}$ to 2 hours 325 deg.

Holubchi made from sour cabbage may be poured over with boiled water instead of tomato soup.

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HERRING PATTIES

Soak 4 or 5 herrings. Skin, bone and chop. Dip 3 slices of stale bread into cold water and squeeze. Crumb bread, add chopped onion, 1 egg, little pepper and mix together with herrings. Make into desired shapes, dip into beaten egg and then roll into bread crumbs. Fry in butter.

PYROHY

Pyrohy dough same as given in NATIONAL RECIPE SECTION.

Filling for these pyrohy should be drained cooked prunes to which cinnamon and sugar has been added.

Sauerkraut is also used for filling. Cook kraut and drain. Fry with onions and butter.

BEANS WITH PRUNES

Cook 1 lb. white dry beans with a little salt. When nearly done add 1 lb. washed prunes and 1 slice of lemon together with 2 tablespoons sugar. This should be quite juicy, if dry add more water. Either finish cooking on top of stove slowly or bake in a slow oven until prunes and beans are tender.

KOLACHI

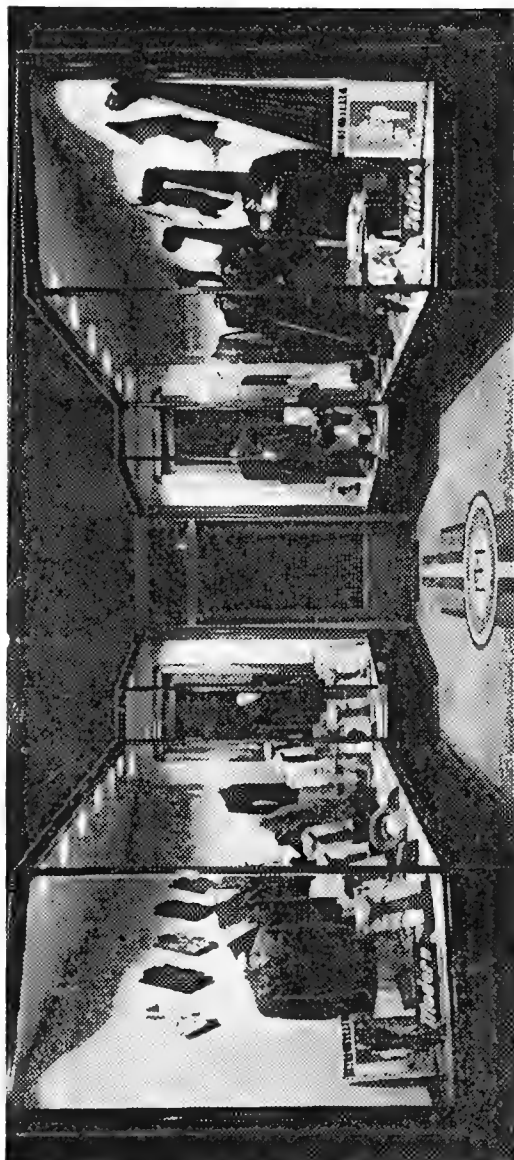
Sift 4 qts. warmed flour. Use 1 qt. flour to make batter using 1 qt. scalded milk which has been cooled, and in which 3 cakes of Fleischman's yeast have been dissolved. Let this batter rise. Beat 4 eggs to which a teaspoon salt and 1 tbsp. sugar has been added. Add to batter. Also grated rind of 1 lemon. Add cup melted butter. Add rest of flour and knead for half hour. Let stand in warm place until it doubles in size. Turn on floured board. Divide dough and braid. Place in pans and let rise. Then brush with beaten egg and sprinkle with poppy seeds. Bake as bread.

DRIED COOKED PEARS

1 lb. pears cooked with half cup sugar.

UKRAINIAN FRUIT BAR

6 egg yolks beaten with $\frac{1}{2}$ lb. fine sugar until lemon colored. Add $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. blanched almonds cut lengthwise, $\frac{1}{4}$ lb. raisins. grated rind of 1 lemon. Fold in 6 egg whites, and put in pan to bake.



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To take paint off cloth, put lard on fresh paint and wrap the garment up for first washing. It will wash up like new.—Mrs. H. Demco.

★ ★ ★ ★

Windows and Mirrors—Add two tablespoons kerosene to quart of water. Polish with soft cloth.

★ ★ ★ ★

Slicing Bread—Heat knife in boiling water or over blaze and you can slice bread or angel food as thin as desired.

★ ★ ★ ★

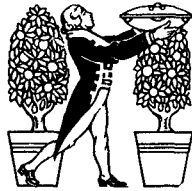
Enamelware—Clean white enamelware with a paste of salt and vinegar.

★ ★ ★ ★

Boiling Milk—To prevent milk from boiling over, rub a little butter or lard around edge of pan. To prevent milk scorching rinse pan first in cold water.

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Baking Potatoes—Before baking potatoes rub them with butter, lard or vegetable oil to make them mealy and glossy.

* * * *

Mildew—On white goods, soak over night in solution of $\frac{1}{2}$ gallon water, 1 pint javelle water.

* * * *

Javelle Water—1 lb. washing soda, $\frac{1}{2}$ lb. chloride of lime, 1 qt. boiling water, 1 qt. cold water. Dissolve soda in boiling water and lime in cold water. Mix, strain and bottle. Javelle water is used as a bleach for white cloth and removing mildew, but should not be used on colored clothing.

* * * *

Greasy Coat Collars—Sponge with alcohol in which salt has been dissolved.

* * * *

A pinch of cream of tarter added to the boiling syrup for icing keeps it from getting sugary.

* * * *

To prevent one color fading into another, put 1 tbsp. Epsom Salts in the rinsing water.

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Grass Stains—Can be removed by sponging with wood alcohol.

* * * *

Stains can be removed from linoleum by rubbing a little coal oil over them. The coal oil in no way injures the material.

* * * *

A teaspoonful of vinegar added to the water in which a fowl is being boiled will make it much more tender.

* * * *

HOW TO CLEAN SILVER (Electrolytic Method)

1. Put the silver in an aluminum pan in which is a solution of water, salt and soda (1 quart of water, 1 tsp. salt and 1 tsp. soda). Have the solution cover the silver.

2. Let stand until tarnish disappears. Remove the silver, wash and polish.

Note: If you haven't a large enough aluminum pan, use an enamel pan with aluminum in it. The silver must touch the aluminum.

Do only plain silver this way, the finish would be taken off the Dutch silver. Do not clean gold lined silver in this way.

Mrs. H. Demco, Edmonton.

* * * *

FURNITURE POLISH

1 quart of water
1 tablespoon of turpentine
Mix well.

3 tablespoons of linseed oil

Mrs. H. Demco, Edmonton.

I N D E X

* * * *

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